

**LRC is looking for student input**  
Workshops being held so staff can hear the good, the bad and the ugly.

NEWS 2

# Spoke

**Holy cow!**

Canadian government to spend \$92 million on mad cow prevention.

HEALTH 17

**Hockey night in Kitchener?**

Condors' hockey coach David Cressman has NHL experience.

SPORTS 23

Monday, January 19, 2004

Conestoga College, Kitchener

36th Year — No. 3



(Photo by Ryan Connell)

Resident adviser Steve Gill had a flipping good time at the barbecue at residence.

## Free food always draws a crowd

### 100 students attend rez barbecue

By RYAN CONNELL

Residents started waiting in line an hour before free hamburgers were handed out at the Conestoga residence's first new year's barbecue on Jan. 8.

The Conestoga Residence and Conference Centre held the event in the residence's first-floor lounge to welcome back students for the second semester.

Approximately 100 students showed up for the free food, many returning for seconds and thirds. However, a few had the stomach to come back for ninths.

The occasion was previously advertised as a surprise cow or pig roast event that would be funded by Conestoga Students Inc. (CSI).

However, CSI backed out a couple of days before the event due to a heavy snowfall that would have made it difficult to bring the industrial-sized pig roaster to residence. CSI vice-president of student activities Ethan Miller helped out at the barbecue despite the event not being CSI-funded. Miller encouraged students to come to

CSI's Blowout Bash that was taking place later that evening in the Sanctuary.

Resident adviser Debbie Brock, 21, a third-year special studies student, was in charge of organizing and promoting the barbecue event.

**"The word free is always a big attraction ... If you're giving out free toilet paper, people would come and get it."**

*Debbie Brock,  
resident adviser*

Brock was impressed with the barbecue's turnout, saying that she thinks everybody had a good time.

"The word free is always a big attraction, whether it's for food, an event, or anything. If you're giving out free toilet

paper, people would come and get it," Brock said.

Residence management bought 12 boxes of 24 hamburger patties and 12 cases of pop for the event.

Two residence-owned barbecues and a rented industrial-sized barbecue were used to cook the meat.

A residence pig or cow roast is being planned for the end of the year with CSI to compensate for the missing new year roast.

See Page 7 for additional photos

## High school purchase awaits appraiser report

By JASON MIDDLETON

Conestoga College is hoping to reach new heights in Waterloo.

The college is interested in purchasing University Heights secondary school and moving the Waterloo campus to that location.

The high school is closing at the end of August and Conestoga College president John Tibbits said Conestoga has let the Waterloo Region District School Board know they are interested in the property.

The school is presently being used for training apprentices and if Conestoga were to move in it would still be used for apprentices.

"It's been used for apprenticeship training and what we'd like to do is expand our apprenticeship training," said Tibbits. "We'd probably transfer some apprenticeship training from Doon to Waterloo which would give us more room at Doon."

Tibbits said Conestoga is waiting for a commercial appraiser to

assess the value of the 108 University Ave. E. high school and compare that to the value of the present Waterloo campus at 435 King St. N.

The appraiser should have the report ready by the end of January.

Tibbits is hoping an appraisal of the two properties will show Conestoga's Waterloo campus is worth only \$4 to \$5 million less than University Heights.

"The problem we have with the present one (campus) is we have no way to expand it," said Tibbits.

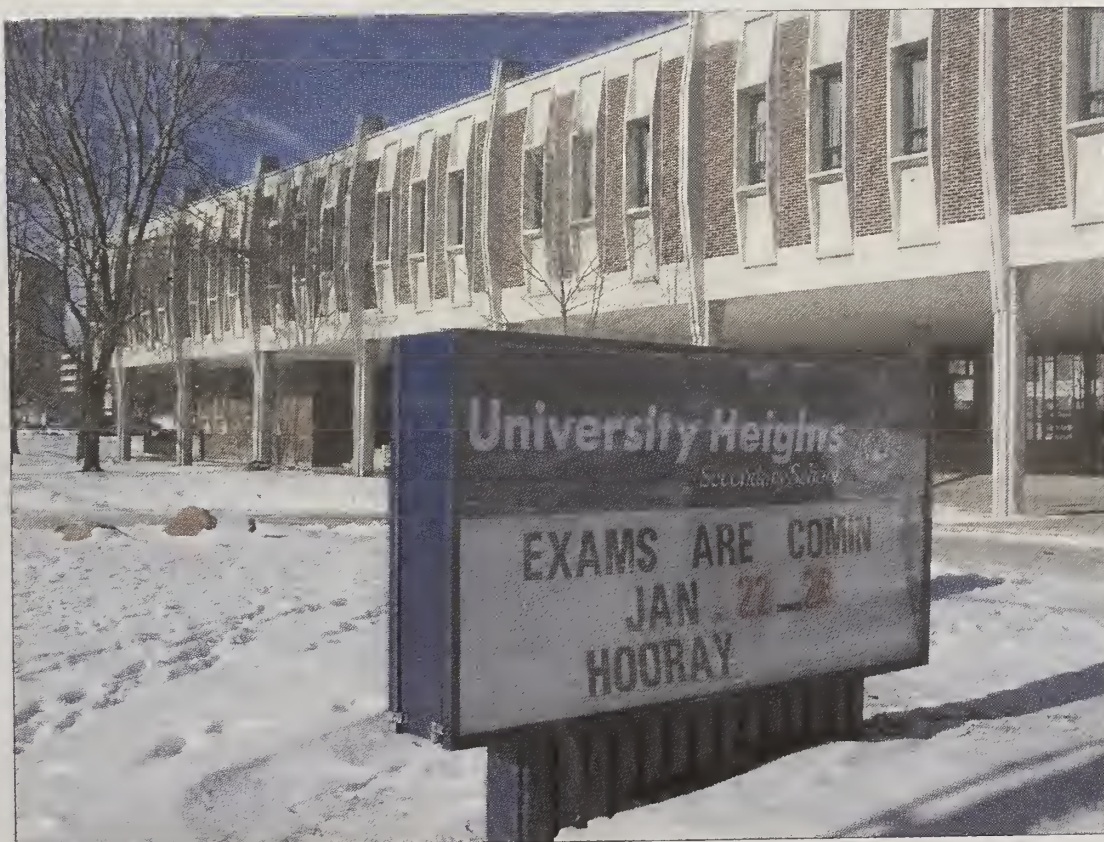
"It's cheaper to buy a second-hand building than it is to build something from scratch," he added.

University Heights has 11,000 square metres of floor space available, which would cost \$17 million to build new.

The high school's property is 12 acres compared to six acres at the King Street location.

If Conestoga acquired the University Heights property it would be the second largest Conestoga campus with the Doon campus in the lead with 140 acres.

"We'd really like to do it. We thinking it's a good thing for us and the students," Tibbits said.



(Photo by Jason Middleton)

University Heights secondary school in Waterloo could house the Waterloo campus of Conestoga College. The college is waiting for an appraiser's report on the value of the campus in Waterloo and the high school before making an offer to purchase the property.



# Disability services helping more students

By DARREN SMITH

During the 2002-2003 school year, 651 students were registered with Conestoga College's disability services.

This number represented 12.6 per cent of the student population, showing an increase of 91 per cent from the 1999/2000 school year. Accommodation or help offered through disability services has increased by 227 per cent.

The co-ordinator for disability services, Marion Mainland, said the increase is partly due to high school students getting support, which in turn results in more of them graduating.

"I think we're getting better at identifying students with learning disabilities," Mainland said.

The largest groups they deal with is those with a confirmed and non-confirmed learning disability. The difference is one has been assessed and tested by a physiologist and found to have a learning disability. She said many students have been told they have a learning disability but have never had a formal assessment.

Other students go through school not having any help or knowledge there may be a problem. These students are bright, being able to cope and compensate for any learning disability they may have. The diffi-

culty may surface when the course load increases in the college environment said Mainland.

Counsellors in Student Services are trained to pinpoint learning disabilities in students who are having difficulties with their college work.

If, after the assessment with Student Services, indications of a learning disability are found, the student is referred to disability services for assistance. Disability services offers immediate support and students are put on a waiting list for a proper learning assessment.

There is a misconception in society when people hear about learning disabilities Mainland said.

"People assume you're talking about slow learners."

People with learning disabilities are not slow learners, but rather people who have gone through a formal assessment, having their IQ tested, and found to be within the average of 90 to 110.

Once it is discovered how the person learns and what their difficult areas of study are, recommendations can be made to faculty to help the student said Mainland.

This testing finds the students' strengths so disability services can help them develop good study skills.

With students' deficits known, disability services can show them

how to learn, provide accommodation for tests and teach them the equipment offered through their lab.

"We hope by the time students make it through their program," said Mainland, "they are independent enough to function in the workplace."

Disability services also tries to access funding for students so they can acquire equipment that will help them with their studies and in obtaining employment.

She doubts if there is a program in the college without a person with a disability.

"These students are as bright as anybody else," said Mainland. "We don't know about them until they've been admitted."

Students with disabilities have to meet all the academic requirements before being admitted to a program. They compete with everybody else and only graduate if they meet all the objectives.

Conestoga has students with significant disabilities who might be single parents with young kids to look after on a minimum income. Some have to put triple the amount of time into their homework compared to other students.

"A lot of the times they don't complain," said Mainland, "because they've always had to do it this way."



(Photo by Darren Smith)

Students registered with disability services have access to the adaptive technology computer lab in 2A113. Second-year general business student Janice South-Valencia receives help from Leslie Cates, a graduate of the computer program.

## LRC needs student input and ideas

### Improvement plan continues

By DARREN SMITH

Students are enjoying the recent addition and improvements to the Learning Resource Centre and will be happy to hear there's more to come.

The LRC would like further input and ideas from at least 60 students at two upcoming workshops planned for the weeks of Jan. 19 and 26.

To date there are only five students signed up.

The LRC director, Catherine Wilkins, said student participation is needed from those who use and don't use the facilities.

Staff would like to know what students like and why they may not use the centre, to ensure students are getting the services they want.

"If we don't get the numbers needed," said Wilkins, "then we'll have to reschedule."

The LRC would like further input and ideas from at least 60 students at two upcoming workshops planned for the weeks of Jan. 19 and 26.

Wilkins has plans to expand the print, audio and visual mediums available to students.

The latest improvements in the LRC allow students to bring in their laptops. They can plug them into one of the 42 Internet connections installed in December.

And there's a new Ontario

Universities' Application Centre kiosk with eight stations and two new computer terminals for searching library materials.

Participation is needed from those who use and don't use the facilities.

Improvements have been made to the LRC webpage making hard-to-find information more accessible. A web-based catalogue will soon be installed providing students access from home so they can check their borrowing rights. From there students will be able to go into the online database.

"The system is starting to become seamless," said Wilkins.

There's also a new library system, a media centre for presentations and a digital media centre is being developed for faculty to use when working with students.

Students are signing out many books at the LRC with the main focus being research Wilkins said.

Most students at the beginning of the term start with the Internet, thinking it is the best source.

But, she said when students become more involved and focused within their programs they are directed by faculty towards subscription databases.

Students are becoming more aware of the services offered as they progress in their programs.

Wilkins believes the LRC is a critical place for students to come and work and she is trying to get suggestions for further improvements.

## Some don't cry lineup blues

By CHRISTINA BRAMBURGER

The lineups at the bookstore at the beginning of school are atrocious, but students at Conestoga College are starting to catch on.

First lesson: You usually don't need your textbook for the first class anyway as the first week is full of reviewing course outlines. So, what's the point of waiting in line for half an hour?

Second lesson: The line has pretty much vanished by the Friday of the first week.

Some Conestoga students have started to catch on.

Trish Gibson, 34, a third-year robotics student, says buying her books this semester was easier than getting them her first semester.

"Before I would wait in line, but now I know that by the end of the first week you can just go right through."

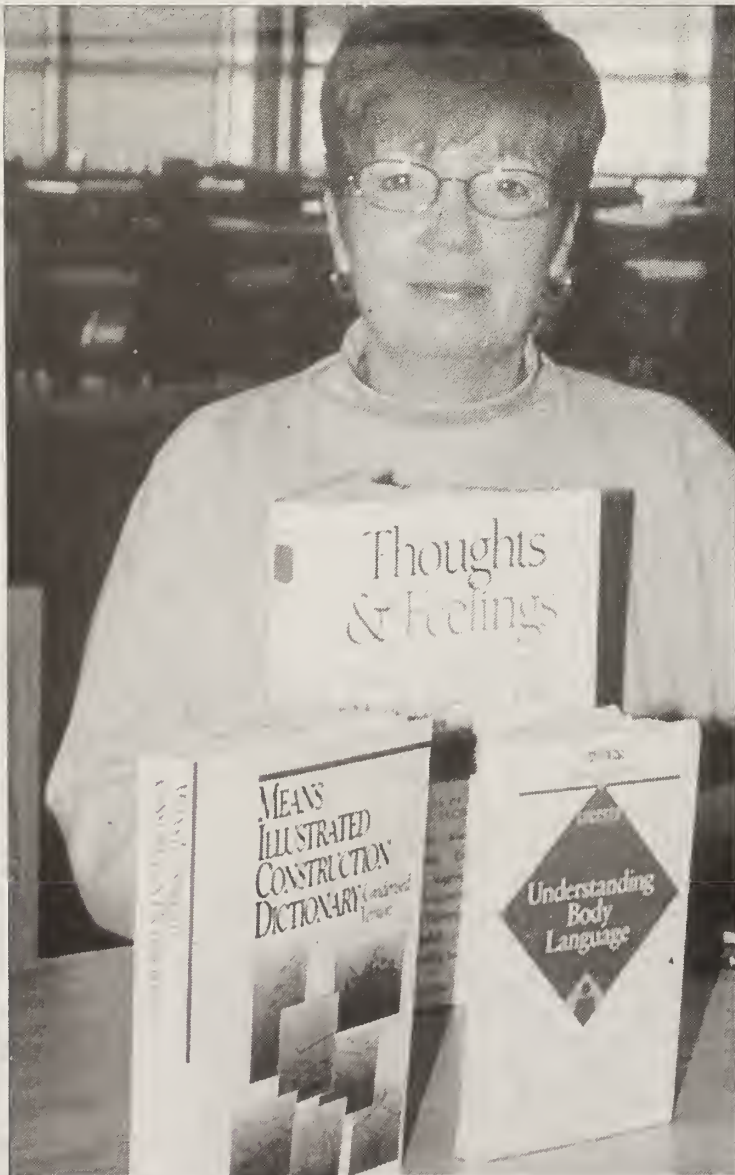
Vicky Marion, 19, a first-year business management student, agrees.

"I walked by and saw the line and just thought I'd wait."

The bookstore has hired additional help and the staff is working extra hours during the back-to-school rush.

They are also working on eliminating the lineups.

"I found that this semester, students seem to be handling everything pretty well. They are very co-operative," says Sharon Williams, a Conestoga College bookstore employee. "It's probably because they're used to how the bookstore operates."



(Photo by Darren Smith)

The Learning Resource Centre has grown but still has many plans for the future. LRC director Catherine Wilkins displays some of the newer books. The LRC wants student feedback from those who use and don't use the facilities.



# CSI is ironing out its 'weak' election policy

By CHRISTINA BRAMBURGER

Conestoga Students Inc. has started to revamp its election policy.

The organization has had a few election bumps and bruises in the past.

It's not something they are particularly proud of, and it is time for them to go away, says CSI president Justin Falconer.

"We knew it was a weak policy going into last year's election, we just frankly didn't have the time to make the changes."

In the past, CSI has had problems with advertising during elections and the appeals process.

Changing the policy is long overdue.

At this point, the new policy is just a draft.

"We have to get the policy done soon," says Falconer. "But without haste so we don't make a major mistake."

Electing next year's executive to take over is probably the most important time of year for any student association, so it has to be done right.

The nomination period for the 2004 election begins Feb. 1.

Falconer says he likes to think every candidate will read the policy when they sign up.

"I'd like to make sure when they read it they understand it and it's not just something that goes in and out of their ears, but something they truly do understand."

In past policies, too much time was spent on a lot of things that did not really need a lot of time and paper, says Falconer.

For example, the old appeal system was really ineffective because the person who made the original decision was on the appeal panel that had to make the final decision.

Falconer says he doesn't know if the policy that CSI finally hammers out will be perfect, but says he hopes it will be a better one than

what they've had.

The organization is planning on taking out issues that are not major and leaving only pertinent information in.

"The only way we'll ever be able to perfect this thing is to get the policy we feel has the right intent and then slowly tweak it after every election."

The new policy is going to try to give a good distinction of who does what and when.

Another new thing about this policy that is intended to benefit the students is that every student is going to be mailed a postcard that says where the polling station is and the times they will be open.

There will also be a forum for students to learn more about the candidates.

CSI has to get the word out at election time, which will be in late February to early March. There has been a less than one per cent voter turnout in previous elections.

**"I don't think it'll be perfect, but I think it'll be better than what's been in the past."**

*Justin Falconer,  
CSI president*

"I don't think we'll ever be at a time where we get 80 or 90 per cent voter turnout, but I think 10 per cent is a really good target to hit for at least the next year or two," says Falconer.

"I know school spirit is lacklustre at best, but it can improve. I think with the right people it should improve."

Hopefully, CSI can get the elections policy right this time, says Falconer.

"I don't think it'll be perfect, but I think it'll be a lot better than what it's been in the past."



(Photo by Jason Noe)

Waterloo regional police held their Festive RIDE program over the final weeks of December 2003. During that time, police stopped more than 10,000 vehicles on area streets, with 135 roadside tests being administered.

## Police RIDE program curbs drunk driving

By JASON NOE

Waterloo regional police have released their statistics for the Festive RIDE program, which they conducted over the final weeks of 2003.

During that time, police stopped more than 10,000 vehicles on area streets and administered 135 roadside tests. They issued 20, 12-hour licence suspensions and charged eight drivers with being over the legal limit. They also laid 73 separate charges for Highway Traffic Act violations and charged six others with liquor offences.

During the same period in 2002, police stopped almost 14,000 vehicles and administered 160 roadside tests. They issued 47, 12-hour licence suspensions and charged 14 drivers with being over the legal limit. They also charged 25 people with separate Highway Traffic Act violations.

The RIDE programs are deployed during a holiday weekend when traffic volume is the

highest in the region. The emphasis is placed on the holiday weekends between May and October. Officers stop passing cars, and check the sobriety of drivers in the hopes of reducing the number of impaired motorists on the road. They watch for physical signs of impairment and high alcohol consumption from drivers, which includes any unusual behavior.

Because impaired driving is the leading cause of death in Canada, Waterloo regional police Staff Sgt. Bryan Larkin believes the RIDE programs are beneficial to the community.

"Traffic and impaired driving continues to be identified as a top community priority by our citizens and driving is a privilege in Ontario, not a right," said Larkin. "The cost of drinking and driving on our community exceeds millions of dollars per year and the community demands and expects our service to ensure a safe motorizing for the public. One injury or death prevented is a success."

More than 70 officers participated in the Festive RIDE program and 98 more were held during 2003. Larkin said their goal for 2004 is to increase the number of RIDE programs to 100.

Waterloo regional police public affairs co-ordinator Olaf Heinzel said because of budget and personnel limitations, the program is not held every weekend throughout the year.

"If we had sufficient funding, we could run them every night," said Heinzel. "On average six to 10 officers are on scene for a RIDE program. There are other officers back at the station who are responsible for doing additional breath tests for motorists who have been arrested."

The number of vehicles stopped at RIDE programs across the region during 2003 was 41,091, down from 48,551 the previous year.

"These checks help to keep drinkers from driving, therefore making the streets safer for others," said Heinzel.

## Conestoga grad upset by university's decision

By CARLA SANDHAM

A former graduate said she is starting to regret her choice of education at Conestoga after being denied admittance into a post-diploma degree program at an Alberta university.

"I am truly disappointed with the money and time I and other students invested in Conestoga for a diploma that will not be recognized by a university," said Lesley Beaudoin, a 1997 graduate of the office systems administration program.

Under the impression the college had an agreement with Athabasca University, Beaudoin, 27, recently applied for a bachelor of management. Athabasca currently recog-

nizes diplomas from 18 programs at Conestoga.

"Students were always reminded that their education with the college could be a stepping stone and used toward a degree," she said, adding she had read several stories in the alumni magazine about business students doing this.

However, after a review of her education, Beaudoin received a letter from the university stating her program "did not have enough academic content."

"You can imagine how insulted and hurt I was at the statement as the college is touted as being the best in Ontario," she said.

Having also received a human resources certificate through the college, Beaudoin said she has always

been a supporter of Conestoga.

To be eligible for a transfer, grads must have at least 45 credits or 15 courses. This is equivalent to 1.5 years of university study and allows college grads to complete a degree in less time than students without a diploma.

But Beaudoin was told she didn't even have enough for 45 credits.

"I was embarrassed and thought they must not have my whole transcript," she said.

Frank Mensink, dean of the School of Business at Conestoga, said the program Beaudoin had taken did not have an articulation agreement with Athabasca University.

"This program was not submitted to the university for assessment since the primary purpose for the

program was to provide those skills deemed necessary by the employer community," said Mensink. "Our agreement with Athabasca covers our three-year business administration programs, and our two-year general business and health office administration programs."

An agreement would ensure the college program had all of the requirements to be admitted into specific post-diploma degree programs at Athabasca.

He added he assumes the letter Beaudoin received was a standard reply to students applying with diplomas that have not been formally reviewed.

A representative at Athabasca University was unavailable for comment.

Beaudoin's application has now been put on hold.

"I am in no man's land until I have decided whether I still want to do it — starting from scratch," she said.

Mensink said the office systems administration program has changed over the years to meet employer needs.

It has been replaced by the one-year office administration - general, the two-year office administration - executive and information technology support services programs.

He also said he will follow up with Athabasca University to determine what credits can be granted for graduates of Beaudoin's program.



## Spare TVO and the LCBO

It was only three months ago when Dalton McGuinty won the Ontario election. He promised change, new spending and better times for Ontario, despite a rumoured \$5-billion deficit.

In fact, the deficit is \$5.6 billion and 109 days after his election McGuinty is faced with a number of tough decisions.

According to a Toronto Star article published Jan. 12, the Liberal government cannot deliver on its \$5.9-billion promises due to the deficit and the slow economy in Ontario.

However, the government is sticking with one campaign promise, not to raise taxes. Subsequently, the Liberals must cut at least \$2 billion from programs and services in Ontario.

McGuinty says the government will root out expendable services and programs. The choices will be influenced by a survey completed by Ontario's 63,000 civil service workers. The government will also seek public consultation from eight different communities that will be selected to debate the cuts to government spending. In addition, the government will make a website and a telephone hotline available for comment from the general public.

The Liberals are also considering selling off some government assets. Even the Liquor Control Board of Canada and TVOntario are potentially not safe from the Liberal knife.

A Jan. 9 Globe and Mail article says McGuinty "is looking at ways to turn any asset sale into a long-term source of funds" including the sale of the LCBO and TVO.

The LCBO is a very lucrative enterprise and has consistently generated income for the province. In 2001 the board transferred \$905 million to the province, breaking another fiscal record for the seventh straight year.

The LCBO also practises a socially responsible mandate by screening for underage drinkers and drinking and driving. The board has co-operated with Mothers Against Drinking and Driving to produce a commercial against drunk driving and they have donated \$21 million to Ontario's blue box recycling program. They are planning on donating another \$20 million over the next four years.

If the board is sold to private interests the government would be saying goodbye to yearly revenue and a loyal corporate citizen. The potential privatization of the board puts its current social agenda at risk.

TVO has committed itself to providing educational programming to children and adults alike. According to the TVO website, the station reaches approximately 98 per cent of Ontarians. It was created in 1971 and since then has won more than 850 national and international awards. Like the LCBO, the television station provides Ontarians with a social service that cannot be replaced by a sell off with only short-term benefits. TVO helps to shape the Canadian identity.

These organizations are too important to Ontario's public to sell to the private sector. The LCBO and TVO both serve the people of Ontario. By selling them, the focus of the new owners will no longer be on the public's interests, but on corporate profits.

# EVERYTHING MUST GO!!



The liberal version of a garage sale.

## Think before you speak

Lately I have a real problem with people.

Particularly people who think they have a right to, frankly, stick their nose where it doesn't belong.

Contrary to what most of you may be thinking, I am not just talking about people who feel they have to get their opinion in on everything whether it's their business or not. That I encounter almost everyday.

I am talking about circumstances where certain people feel that they are experts on whatever situation another person might be in. These certain people feel like they can tell another human being that what they did was wrong. They act as if they would never have gotten themselves into that situation, so, therefore, they are perfect in every way.

For example, last week I was in the parking lot of the Pet Smart plaza by Sportsworld attempting to fix my sister's car.

As I was concentrating on what I was doing, in freezing cold temperatures by the way, I noticed a truck pull into the parking lot. With my observant ways I thought I saw a man get out and walk away. It turns out later it was a couple and a dog.

A few minutes after they left the



Michelle Taylor

Opinion

truck I went into my sister's work to speak to her. As we were talking two women came in asking us if we owned the truck outside or if we had seen anyone. Apparently there were two children alone in the back seat screaming.

I told her I thought I had seen a man get out of the truck. She responded with, "I figured it would be a man."

As I continued to go back and forth from the car to my sister's work, I watched the events unfold. A group of about four or five people hung around the truck for the 20 or so minutes the couple was gone. They had called police and blocked the truck in with other vehicles while they waited for police to arrive.

When the couple came back to the truck with their dog they were bombarded with comments about neglecting their children.

I am quite aware of how horrible it is to leave your children unat-

tended in your vehicle for 20 minutes in freezing temperatures. The couple had left their children, but taken their dog. I'm not sure what they were thinking.

I also definitely think this was a situation where you should get involved for the safety of the children, but my problem is with the way this group of people acted.

They yelled at this couple as if they would never have made this mistake themselves. As if they are so perfect with the way they raise their children nothing like that would ever happen.

I believe that this couple made the most horrible mistake in their life and they will pay for it, but it was a mistake. People open their mouths too quickly without thinking. This group of people thought they were so much better than the couple. Everyone in the group felt like they had to get their opinion in, no matter how it affected the couple.

I would just like to go one day without people always thinking they are better than everyone else. All I can say is remember grade school and what we were always taught: If you don't have anything nice to say, don't say anything at all.



### Letters are welcome

**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,  
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N2G 4M4

## Spoke

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Editor: Blake Gall

Advertising Manager: Carrie Hoto

Spoke Online Editor: James Doyle

Production Managers: Rebecca Learn,

Circulation Managers: Jason Noe

Jeff Morley, Nick Horton

Photo Editors: Aimee Wilson, Carla Sandham, Michelle Taylor

Faculty Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

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# Students hope for frosh

By BRYAN MARTIN

Frosh week is no ordinary week in the minds of students. It is a week for freshmen students to get involved in the school right from the beginning and meet new people.

Most universities and some colleges have a frosh week, which are very popular with students.

Usually they consist of students being split into different teams and then the teams travel around the campus chanting and cheering.

The teams are led by older students at the school and the whole week usually involves a lot of drinking.

Conestoga College doesn't have a frosh week, but Conestoga Students Inc. (CSI) is thinking about having one in September 2004.

Mark Quigley, a first-year marketing student, said he is surprised

the college doesn't already have a frosh week and thinks it would be a great idea.

"I like the idea a lot and think it would bring out the ladies," said Quigley.

Harry Birk, a first-year management studies student, said he thinks it would be a great success and it would give all the new students a better feel for the school.

"It would be a great time. We would all get drunk and it would be one big party," he said.

Jennifer Galhardo, a first-year journalism student, said she wishes Conestoga had a frosh week and thinks it would make the college

experience better.

"You don't have to just get drunk. It can still be fun and you'd

get to meet so many people from all over," said Galhardo.

Andre Nguyen, a second-year management studies student, said he wishes there

was a frosh week because it would be a good opportunity for students to get involved in school.

"I feel it would be an easy place to find a lot of good-looking ladies," said Nguyen.

Greg Zehr, a third-year broadcasting student, said a frosh week would benefit students a lot and doesn't see any major problems coming from it.

"It would be a big drinking party and that's what brings people together. It would also get the students relaxed before a long year of hitting the books."



Birk



Nguyen



Galhardo



Zehr



(Photo by Jennifer Ormston)

## Push for help!

This emergency button, located in parking Lot 1 at Conestoga College, connects directly to security. It was recently activated along with two other buttons near lots 11 and 12 and lots 8 and 9.

# Looking for Work?

Whether you are in your final year of academic studies and looking for a Career position, or seeking summer employment, Job Fair has something for everyone! Plan to attend and kick-start your full-time or summer job search!

February 4, 2004

10:00 a.m. - 3:30 p.m.

RIM Park Waterloo

Companies registered to date:

A & M Reforestation  
Canadian Food Inspection Agency  
Earth Tech Inc.  
Accountemps  
Canadian Forces Recruiting Centre  
Family & Children's Services  
Accu-Link Call Centres Inc.  
Casco Inc  
-Waterloo Region  
ADP Canada  
Casino Niagara  
Family, Youth & Child Services  
AEON Corporation  
Children's Aid Society of Hamilton  
-Muskoka Region  
AGRICORP  
Christian Horizons  
General Mills  
Apotex Inc.  
Clarica  
Gerdau AmeriSteel Corporate  
ATS Automation Tooling Systems  
ClubLink Corporation  
-Cambridge division  
Business Objects  
Cold Springs Farms

Growmark, Inc  
CACEE  
Conestoga Rovers and Associates  
Husky Injection Molding Systems  
Camp Kodiak  
Correctional Services Recruitment Unit  
ING Canada  
Camp Trillium  
DALSA Corporation  
JMP Engineering  
Camp Wayne  
Deloitte & Touche  
Keating Educational Tours  
Canada Customs & Revenue Agency  
Discount Car & Truck Rentals  
Kelly Scientific Resources  
Kenora-Patricia Child & Family Services  
Primerica Financial Services  
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RBC Insurance  
L'Arche Daybreak  
Region of Waterloo Public Health  
London Health Sciences Centre  
Resorts Muskoka

Manulife Financial  
RIM - Research in Motion  
MDS Sciex  
Rosaire Pion & Sons Greenhouses Inc.  
Ministry of Transportation  
Sun Life Assurance Company of Canada  
Mosaic Sales Solutions  
The Co-operators  
National Instruments  
The Delawana Inn and Resort  
Nestle Waters Canada  
The Economical Insurance Group  
Niagara-on-the-Lake Vintage Inns  
The Taylor Statten Camps  
Northern Tier-Boy Scouts of America  
Toyota Canada Inc.  
Nova Group  
Visual Plant/Activplant  
Ontario Ministry of the Environment  
WorkopolisCampus.com  
Outland Reforestation Inc.  
York Regional Police  
Pizza Pizza Limited  
ZTR Control Systems



# Get in shape at Conestoga

## Recreation centre offers a variety of fitness classes

By JENNIFER HOWDEN

Has your New Year's resolution to lose weight and get in shape already gone out the window?

Well, Conestoga College's recreation centre is offering many classes this semester to help get you in shape.

Yoga is offered Mondays, Wednesdays and Fridays from 12:10 to 12:50 p.m. and Tuesdays from 5:15 to 6:05 p.m.

Yoga is an exercise that focuses on physical postures, breathing exercises and meditation. Benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being.

According to a food and diet website, you can burn between 350

and 600 calories per yoga class, depending on your gender, size, weight, body type, and present condition.

A calorie is a unit of energy. Human beings need energy to survive and they acquire this energy from food. The number of calories in a food is a measure of how much potential energy that food possesses.

Every person needs a certain amount of calories. The amount of calories you need depends on your gender, size, weight, body type.

To lose weight you should try consuming fewer calories than you normally would and combine the healthier eating with regular exercise.

Other classes offered at the recreation centre include Pilates, which

is offered Mondays from 4:30 to 5:20 p.m. and Thursdays from 12:10 to 12:50 p.m.

Most Pilates programs are similar to yoga in their stretching and toning positions and exercises, but there are differences.

Pilates focuses on developing deep breathing techniques which aid in reducing stress, creating a calm inner self, and releasing positive chemicals in the brain and body that contribute to a sense of well-being.

You can burn about 200 to 400 calories per Pilates class.

Jujitsu is offered Tuesdays and Thursdays from 8:30 to 10 p.m.

Jujitsu develops overall physical conditioning with great flexibility and muscle tone. The styles vary from studio to studio, but all stu-

dios teach self-control, mental conditioning, philosophy, and history in addition to the physical aspects of the sport.

In a typical jujitsu class you can burn about 700 calories.

Kickboxing is offered Mondays and Wednesdays from 5:30 to 6:20 p.m. Kickboxing is a workout that combines aerobics, cardiovascular and body toning while learning self-defense tactics. It also improves strength, muscle tone and endurance and reduces body fat and stress levels.

You can burn about 400 calories in one kickboxing class.

Aerobic workouts are also offered throughout the week.

During a typical aerobics class approximately 450 calories can be burned.

Besides workout classes a workout room equipped with exercise machines and weight-lifting machines can be found at the recreation centre.

An hour on the exercise bike can burn about 450 calories, an elliptical machine can burn approximately 400 calories and using the treadmill can help you burn about 280 calories while walking and 700 calories while running.

If you can't make it to the recreation centre as much as you would like, there are other every day activities that help you burn calories.

Cooking a meal or driving a car burns 110 calories, moderate housekeeping burns 160 calories and even just standing burns 100 calories.

# Seasonal jobs leave students dry

By AIMEE WILSON

After spending all your hard-earned money on Christmas you return to school wondering how you'll survive on Easy Mac for the next four months.

Now that the busy holiday season has passed for another year a lot of stores have laid off their seasonal staff which has left a lot of students without employment.

"It's hard because I'm still in school and I have bills and no money coming in," said Sarah Dewhirst, 21, a second-year business administration management studies student, who was recently laid off from her seasonal position at Best Buy.

The remainder of the school year may seem like eons for those who are strapped for cash.

If you are one of those students desperately searching for part-time employment don't let the frustration overpower you.

"Try to be as open to opportunities as possible," said Sara Free, a career services officer at the college.

Weighing all the factors involved in a possible part-time position is important. And keeping options open and being optimistic will help with the job search and may lead to a future long-term position.

For those who are not having any luck with their own searches, there are many resources out there aimed at helping students find employment. Newspapers always have listings of job opportunities.

According to Free, the Wednesday and Saturday editions of The Record are the best times to pick up the paper for various available part-time employment positions.

Although the newspaper is a good resource, Free says not to stop your search there. Workopoliscampus.com, a job search site for students, provides free access to job listings in your area or on campus, the ability to



(Photo by Aimee Wilson)

A lot of college students tend to have empty pockets and wallets after returning to school from Christmas holidays.

apply online and e-mail alerts of job postings in your area of interest. You can access the website after obtaining the access code from career services.

The site gives tips on writing resumes, networking, salary info and other useful information for snagging that perfect part-time job.

Another website to try is the Human Resources Development Canada site at [www.hrdc-drhc.gc.ca](http://www.hrdc-drhc.gc.ca). The site has a specific section listing job opportunities and assistance with job searching.

The career services department, located in the student client services building on campus, also places their job postings on the website for access. Career services is also available for one-on-one assistance, workshops, and offer many other helpful tips for employment seekers.

"We're totally here to help students," said Free, adding, "That's what we do."

According to the 2001 edition of You and the Job Market, a publication by the Ministry of Education, the more methods used to find employment and the more persistent you are, the better your chances of getting noticed and getting hired.

**"I would encourage people to thoroughly read through the application guidelines for any of the positions for the City of Kitchener or City of Waterloo on the website."**

*Sara Free,  
career services officer*

There will also be a job fair at RIM Park from 10 a.m. to 3:30 p.m. Feb. 4. Employers from various companies around Waterloo

Region will be attending to provide information on part-time, full-time and summer employment positions.

"It's a great opportunity to approach (employers)," said Free. "It can be a fabulous opportunity to network."

Before jumping into the first part-time position offered it is important to look for something with flexible hours. "Find an employer that understands and respects a student's schedule," she says. Employers should be aware of a student's workload.

Dewhirst, who has had part-time employment throughout her academic studies, said it's important for students to balance their school work and their job. "If you are looking for a part-time job make sure you know your schedule so you don't get behind."

Free said the best type of employment to be looking into this time of year is big-chain companies that

are typically busy year-round. With spring approaching in a few months companies such as Home Depot and Canadian Tire will be looking to hire.

According to Free, the cities of Kitchener and Waterloo have many well paying part-time positions and summer employment opportunities. Such jobs range from general clerk positions to parks and recreational employment.

The online application process has specific guidelines that must be met in order for the application to be valid.

"I would encourage people to thoroughly read through the application guidelines for any of the positions for the City of Kitchener or City of Waterloo on the website," said Free. But, students should act now because these jobs tend to be the first to be picked over.

Free also advises students to act now since the deadlines for summer employment are quickly approaching.

Another website that is worth researching is [www.lutherwood-coda.com//.asp](http://www.lutherwood-coda.com//.asp). From there, job listings are just a click away under the employment tab. Students can also drop by the office located at 165 King St. E.

Finding a job that relates to your educational program is always an added bonus that will provide additional skills and training in your field of study.

But it is important to remember that a part-time position is probably temporary. "Students must keep in mind that (a part-time job) isn't for the rest of their life," said Free.

### WHERE TO FIND IT

Career services is located in Room 220 in the student client services building. Their office hours are Monday to Friday 8:30 a.m. to 4:30



# Throw a burger on the barbie

*Students flock to barbecue to get themselves a free meal*



(Photo by Ryan Connell)

The laughter continued as Miller and Saini tried to prevent some of the burgers going up in flames.

(Photo by Ryan Connell)

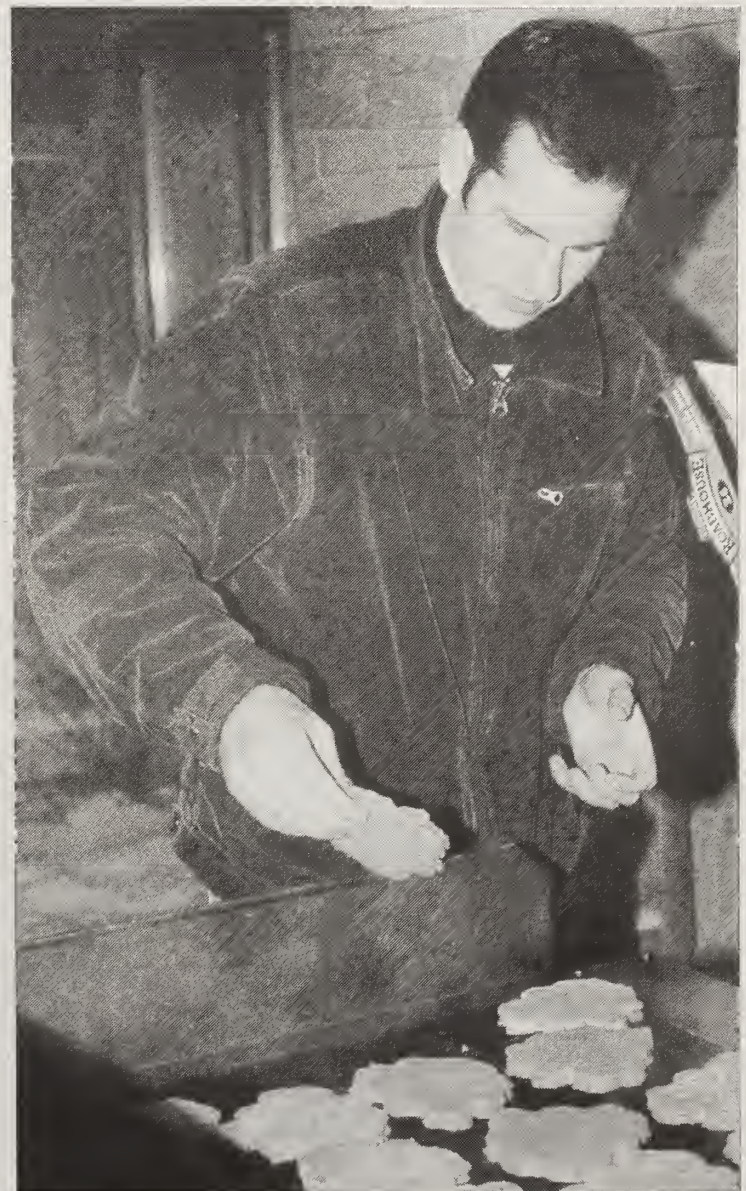
CSI vice-president of student activities Ethan Miller and resident adviser Bally Saini cook burgers on the grill for hungry students at the Conestoga Residence and Conference Centre, Jan. 8.



(Photos by Ryan Connell)

Above, Ryan Hockley, a second-year early childhood education student, heads the lineup for hamburgers at the residence barbecue. Resident adviser Debbie Brock, a third-year special studies student, was one of the volunteers who helped serve at the event.

Right, Miller didn't waste a minute grilling the hamburgers to ensure students didn't go hungry. More than 250 hamburgers were purchased to feed the estimated 100 students who attended the barbecue.





# Trail offers exercise opportunities

By MICHELLE TAYLOR

The winter months can be depressing and extremely cold.

A good way to keep those blues from creeping in is to simply go for a walk.

However, before heading out make sure you bundle up. With a wind chill of -25 C or below, frostbite can set in in less than 10 minutes.

Kitchener-Waterloo's Walter Bean Grand River Trail offers numerous trails of different lengths and difficulty. With 19 access points, these trails are easily accessible from anywhere in K-W.

For Conestoga College students living in residence or in the Doon area, the trail through Homer Watson Park is a great way to get

some exercise.

With access points at the Homer Watson House and Gallery and the Doon Heritage Crossroads Pioneer Village, this section of trail can be as challenging or as easy as you wish.

**"The whole area is a wintering habitat for bald eagles."**

*William Sleeth,  
landscape architect for the city  
of Kitchener*

You can choose to walk a dirt trail with steep inclines or a gravel trail with only a few

challenging hills.

If you walk the trail during the early morning or early evening hours you will see plenty of wildlife including deer.

For those of you living along the Kitchener-Waterloo border, a short drive to the J.A. Pollock Family Trailway is recommended. The J.A. Pollock trail starts at the intersection of Shirley Drive and Victoria Street and runs to Bingemans. This mostly flat trail runs three kilometres from one access point to another. It is a gravel-covered trail for most of the way with the last leg of it dirt covered.

Currently, the J.A. Pollock trailway is experiencing some construction.

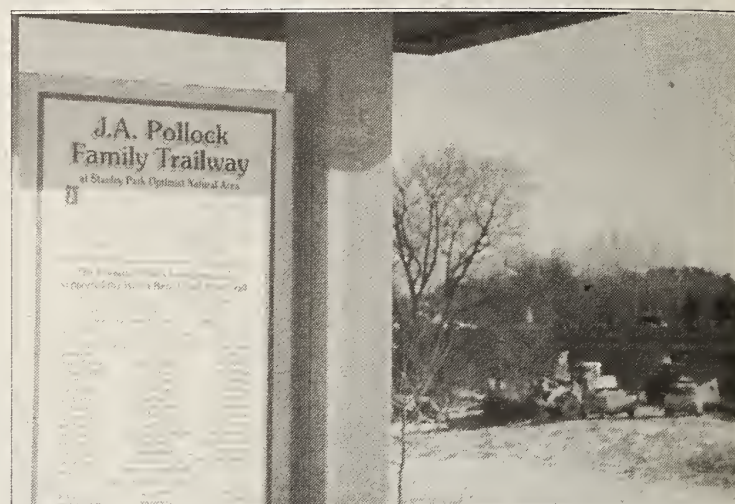
According to William Sleeth, a landscape architect for the City of Kitchener, a sewage pumping station is being built at the corner of Shirley and Victoria streets. Sanitary sewers will run under the Grand River in order to connect the pumping station with Breslau facilities.

"The building will be noticeable," said Sleeth. "We are working with the Walter Bean Trail Board to landscape the area."

The building will be visually appealing and the trail will look better than before, he said.

The Victoria Street Sewage Pumping Station, which it will officially be called, needs to be built where it is in order to pump sanitary waste up hill.

There are several subdivisions



(Photo by Michelle Taylor)

A sanitary pumping station is being built on the J.A. Pollock trailway. Construction is expected to be completed by this summer.

in the area where this is needed. The station will serve the needs of Breslau as well.

Construction is expected to be completed by the summer. Sleeth said the construction will not close the trail for more than a day at a time.

There are many other parts of the Walter Bean Grand River Trail to take advantage of throughout the year. This 78-kilometre trail offers endless exercise opportunities. New ideas to improve the trail are constantly being proposed.

Currently, Sleeth is working on an environmental assessment for a pedestrian bridge to connect the

trail from Doon Valley Golf Course to trailways across the river by the Waterloo Pioneers Memorial Tower.

"The problem is the area would have to be closed in the winter," said Sleeth, who is also a member of the Walter Bean Trails Association. "The whole area is a wintering habitat for bald eagles."

In order to protect the habitat, he is working with environmentalists to figure out the best area to continue the trail.

"We don't want to disturb the eagles," he said. "But we also want to provide a continuous link for the Walter Bean Grand River Trail."



(Photo by Michelle Taylor)

Construction workers work along the Grand River on the J.A. Pollock trailway. Sewer lines are going to run under the Grand River to connect to a sanitary pumping station.

## COUNSELLOR'S CORNER: Grief

You can't stop crying. You feel angry. You feel numb. These feelings are all normal reactions to loss in our lives - a reaction we call grief. Grief does not only have to be a result of losing a loved one to death. We grieve any kind of loss: the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about grief, and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process. If you have a friend who is grieving, don't worry about saying the wrong thing to them. Just be there, be a good listener or remind them how much you care with a card, a hug or some time together.

A Message from Student Services

**"They say**

**as you get older**

**you become your**

**mother."**

**"I hope to God  
it's not true."**

My mother is dying from Huntington disease. It's an inherited brain disorder that is slowly chipping away at her mind... her body... her soul.

It may take 10, 15 - even 25 - years before it finally kills her. And even then, the disease may not go to the grave with her.

You see, once you develop Huntington disease, there's a 50 percent chance you will pass the gene responsible for Huntington's along to your children. And if they develop the disease, then their children face those same fifty-fifty odds.

Just like my mother, I wanted to give the gift of life. What have I done instead?

But there is hope. Recent research breakthroughs have brought us closer than ever to finding a cure.

With your support, we will beat this disease once and for all. Please call the Huntington Society of Canada today.

**We need your help**

 **Huntington Society of Canada**  
**HUNTINGTON**  
Société Huntington du Canada

**1-800-998-7398**

Charitable Registration Number 11896 5516 RR0001



# Market research a necessity

## *It's not just an annoyance during the dinner hour*

By HALLEY MCPOLIN

You're just sitting down for dinner when the phone rings. On the other end is the polite but familiar sound of a stranger who wants something from you. They aren't selling anything; in fact, all they're looking for is a few minutes of your time ... what do you do?

If you're like most people, you'll find some excuse to get off the phone.

The most common reasons, according to those in the industry, include, "I'm just stepping out the door," and "I'm sorry, I have company." However, sometimes the response is foul language followed by a dial tone.

But why do these people continue to interrupt your favourite television shows and just what is it they want? It's called market research, and believe it or not, it wasn't invented solely to annoy the general public.

Market research is a necessary and invaluable tool to any industry invested in public sales and

service. It's their means of determining what the public's wants and needs are and how the company can best service those requests. It is how statistics are formulated and the only solid link between you and the products you buy. It's also how a company decides whether or not to put a new product on the shelves. With the co-operation of the general public, many companies base the decisions they make on the results of market research.

**"There are two main classifications of market research: quantitative and qualitative."**

*Rob Grein,  
co-owner of PMG Consulting Ltd.*

Doesn't that make the time you spend answering countless questions on the phone seem more valuable?

Rob Grein, co-owner of local research company PMG Consulting Ltd., calls market research an "exchange of information in order to support the sale of products and services." He says companies engage in such research in order to make informed decisions about a product or service.

"There are two main classifications of market research: quantitative and qualitative," says Grein. "Quantitative research involves surveys that help get information from a mass group of people. For example, if you want to know how many people prefer Ford Mustangs to another vehicle, a survey would help gather that information statistically."

The statistics from such surveys can then be used to determine how some products should be marketed to appeal to the majority audience.

"Qualitative research is done in the form of focus groups. This is where a group of people are randomly selected to gather together and (under the supervision of

someone working for the company) are asked to discuss a certain topic or product. It's usually less structured than a survey — rather than yes or no answers, input from the public is also required. This promotes more in-depth research into the product."

**"Qualitative research is done in the form of focus groups."**

*Grein*

One common use for a focus group is to view advertisements, slogans or product packaging. The feedback from the volunteers allows the company to improve on the product at hand, depending on what worked and what didn't.

It's also a means of determining where certain trends are headed and why.

PMG, short for Progressive Marketing Group, was founded in 1994 and remains one of the key research facilities in the area, gath-

ering information for companies all over Canada and even the U.S. Grein has even taught a market research class at Conestoga College as part of the marketing program. He says there are two ways of gathering information that apply to any research purposes: primary and secondary.

"Primary research would require you to go out and talk to people first hand, gathering and organizing the information yourself. Secondary research involves going to a library and collecting information from journals, books, directories and publications ... essentially you're using someone else's information."

All of these factors are then put together in an invaluable report for a company in order to serve you better.

So if you've ever quoted a statistic or wondered why on earth they chose those colours for that package, remember: it was because someone had the time to speak with a stranger on the other end of their phone during dinner.



(Photo by Ryan Connell)

### Bottles go bye-bye

Conestoga Residence and Conference Centre's assistant general manager, Genevieve Oberle, collected a garbage bag and a crate of beer bottles that were confiscated Jan. 9 from students drinking in the hallways. Beer bottles are prohibited in the residence.

date

January 21

place

Sanctuary

hours

9am - 5pm

► FINE ART

FANTASY ◀

WILDLIFE ◀

► GIANT-SIZED POSTERS

► MUSIC

FRAMES & HANGERS ◀

► FILM

► PHOTOGRAPHY

► 1000s OF POSTERS

THE  
**IMAGINUS**  
**POSTER**  
**SALE**





**Want to go to Daytona  
for Reading Week?**

**4 Trips to give away!**

**February 5th - 9pm**

**- Sanctuary -**

**“Bear - Naked**

**Tease - Freeze”**



**WIN**

**DAYTONA**

**CONESTOGA  
STUDENTS INC.**





(Photo by Michelle Taylor)

### Snow dog!

Pepsi, a nine-week-old Springer spaniel struggles to make his way up a hill while taking a morning stroll on Jan. 12. Pet owners are reminded to bring outdoor pets inside during extremely cold weather.

## Keep your pet safe from the cold

By REBECCA LEARN

The cold air could be more dangerous to some members of your family than you think.

There are many threats to our pets in this weather that we should be aware of so they can be prevented.

Even if you have a dog that spends a lot of time outdoors, it should be brought inside when the temperatures drop. There is a danger of frostbite and hypothermia, according to a news release from the Toronto Humane Society.

They say that if you suspect hypothermia or frostbite, your dog or cat should be taken to the veterinarian immediately.

Sunny Bosca, animal cruelty agent for the Cambridge Humane Society, says the amount of time a dog can spend outside depends on the breed of dog. "Short-haired dogs shouldn't be outside for any length of time."

Bosca said if you have an outdoor dog the shelter "should have a flat roof, be lifted off of the ground, have a flap door, be waterproof and

have a bale of straw in the bottom."

She said a pointed roof causes the heat to rise into the point which makes the house colder. Also, a bale of straw is better than blankets because blankets easily get wet and then become cold.

Bosca also said a major concern is leaving your pet in your vehicle. "You don't want to go shopping and leave your dog in a cold car."

She said most people are aware of the dangers of leaving their pets in a hot car in the summer, but they don't think about the dangers of a cold car.

Another threat related to the cold is ice. Ice can cut the pads of your pet's paws and this can increase the danger of frostbite, according to the release.

It also reminds people that the salt used to melt ice on roadways and sidewalks can make your pet sick. If your dog or cat is out and the ice gets on their paws, and they lick it off, they can become ill from the chemicals in it.

It's always a good idea to clean your pet's paws after they have been outside.

A website called PetPlace.com reminds people to be careful with their pets around bodies of water. "Keep your pets on a leash and do not allow them to navigate on the ice."

PetPlace also states that you should change your pet's water often in cold weather or buy a special dish that keeps the water from freezing. Outdoor pets need plenty of fresh water in these bitter temperatures.

Bosca said this special water dish will cost "about \$30," but it's a good investment because it will keep your dog or cat from eating snow, which increases the chances of hypothermia.

Another big risk is the sweet smell and taste of antifreeze. Your pet doesn't know it's a deadly poison, so keep all the lids tight and keep the chemicals away from pets, according to the humane society.

If you have a cat, honk your horn before you start your car. Why? Cats may crawl into your car's warm engine for shelter from the cold and they can be seriously injured when you start your car.

## Stay warm during this harsh winter weather

By JENNIFER HOWDEN

It may have taken a while but the cold winter temperatures are finally here, and it looks like they're here to stay.

With the temperature dropping to -20 C and below, staying warm while outside can be a hard task.

One of the major concerns in cold weather is the possibility of frostbite. According to the Medlineplus website, frostbite is frozen body tissue and must be handled carefully to prevent permanent tissue damage or loss. Characteristics of frostbite are white and waxy skin that feels numb and hard.

Frostbite requires immediate emergency medical attention but if you can't get to a hospital right away here is what you can do.

Immerse frozen areas in warm water or apply a warm compress for 30 minutes. If warm water is not available, wrap gently in a warm blanket. Do not use direct heat such as a fire or heating pad. Do not thaw the area if it is at risk of re-freezing, which may cause severe tissue damage. Do not rub frostbitten skin or rub snow on it. Re-warming will be accompanied by a burning sensation. Skin may blister and swell and may turn red, blue, or purple. When skin is pink and no longer numb, the area is

thawed. Wrap re-warmed areas to prevent re-freezing, and keep thawed areas as still as possible.

To prevent getting frostbite here are a few tips to help you dress for the winter weather.

Let's start at the top.

Up to 40 per cent of body heat loss can occur through the head. A windproof, thick wool or fleece hat is perfect for staying warm. Headbands and baseball caps may look good, but they won't keep you warm.

Chins, lips and cheeks are all very susceptible to cold weather injuries. Wear a scarf to protect them.

One of the most important things

you can do while braving the outside is to wear layered clothing.

The idea is that several layers of clothing are more practical and versatile for active outdoor wear than a single layer of insulation. Layering allows you to add more insulation when the temperature or your activity level drops, or remove layers of clothing when the temperature or your activity level rises.

The inner layer of clothing should move any moisture away from the skin.

The middle layer should be the insulating layer to prevent loss of your body heat while keeping the cold outside air away.

The outer layer should be the wind-breaking layer to reduce the chances of cold air reaching the insulating layer.

The effectiveness of cold weather layering can be enhanced or undermined by the type of material used in each layer. Cotton absorbs and holds moisture from sweat, rain or snow, contributing to heat loss. This makes cotton a bad choice for cold weather layering.

On your feet you should be wearing insulated boots that will protect your feet and keep the snow out. When you go home after being outside put the boots near a heater so the next time you use them they will be warm and dry.

## How has the cold affected you?

*As the mercury drops, Conestoga students try to stay positive*

By KATE BATTLER

Think everyone but you hates the cold?

Think again.

It almost seems like more people like the cold than not.

In a survey of Conestoga students, some students explained why they love the cold so much, while others pointed out why they would rather be inside than out.

Ryan Vollering, a third-year electronics technician co-op student, says he loves the cold and tries to spend a lot of time outside.

He also says he's looking forward to going tubing at Glen Eden this year.



Gohl

"I come from Canada, land of the 13-month winter," he said.

Classmate Josh Gohl says he feels the same way as Vollering.

"I usually don't even wear a winter jacket and I wore shorts all year last year," he said.

Both Gohl and Vollering love to ski as well.

Lisa McDermott, whose boyfriend attends Conestoga, says she loves the cold, the colder the better.

"I don't like the heat, I like the cold, so when it drops to -30 it's great," she said.

McDermott also likes to spend lots of time outside,

usually snowboarding.

However, Ryan Swartz, a second-year computer programmer analyst student, says he was dreading the ride home because the heat has gone out in his car.



Swartz

Scott Alischer, a second-year woodworking student, says he doesn't mind the cold at all.

"I've been starting my car a little earlier than usual and I've been drinking more coffee to keep warm, but that's about it."

Alischer says the cold doesn't affect him at all.

He even likes to go mountain biking on the snowmobile trails.

But, Mark Libbrecht, a second-year electronics technician co-op student, absolutely hates the cold.



Libbrecht

"I try to hibernate as much as possible."

Libbrecht says he's from the United States, so he's not really used to Canada's

frigid temperatures.

"The only good thing about the snow is that I have a rear-wheel drive car, so I can do fishtails and doughnuts."

REDUCE

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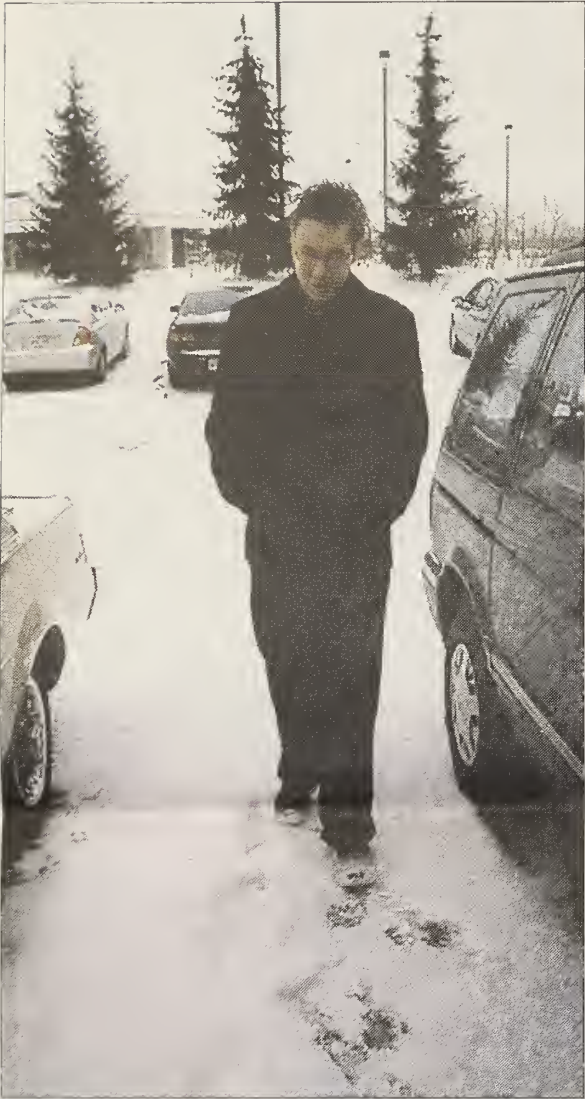
www.pitch-in.ca





# Brrr... Baby it

*Temperatures plummet to a chilly and*



(Photo by Jen Howden)

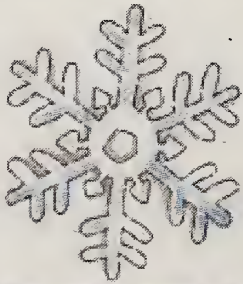
Second-year broadcasting student Jeremy Brick tries to stay warm outside during the bitter, cold weather.



(Photo by Christina Bramburger)

## Livin' on the edge

Jeremy Wilson, 21, cleans off his car before going out for the evening. It's that time of year for students to start scheduling time in the morning to clear off and warm up their cars.



(Photo by Aimee Wilson)

Two snowboarders take the lift to the top of Chicopee ski club on Jan. 8. The hills were alive with adventurers who took advantage of the new fallen snow.



(Photo by Carrie Hoto)

Traffic was bad, the roads were a mess and parking lots were no better. Snow-covered lines resulted in disorganization the first week back to school due to the snowstorm.





# is C-C-cold outside



unbearable -25 C



(Photo by Kate Vandeven)

Second-year business student Christa Campbell gets her car ready to go to school. Although, temperatures dropped as low as -25 C, students still braved the cold during their first week of classes.



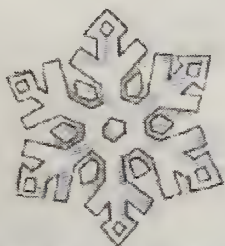
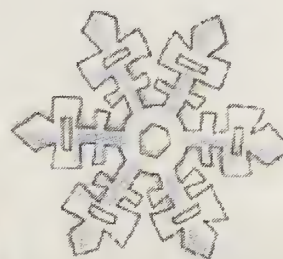
(Photo by Aimee Wilson)

The campus was crawling with cars which made it difficult to leave around 3:30 p.m. Jan. 8 due to it being the first week back from Christmas holidays.



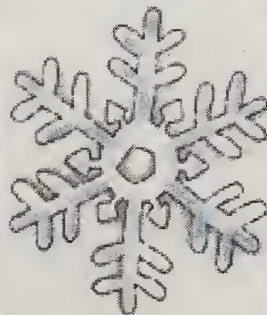
(Photo by Aimee Wilson)

Skiers hit the slopes at Chicopee ski club in Kitchener, Jan. 8.



(Photo by Michelle Taylor)

Many Southern Ontarians awoke to piles of snow on the morning of Jan. 12. Snow removal began during the early morning hours. This plow was working on the deep snow in the parking lot of Fairview Park Mall.



(Photo by Aimee Wilson)



# Celebrate Martin Luther King day

By JENNIFER ORMSTON

Today is a day to reflect upon the achievements of one of the greatest representatives of the Civil Rights Movement: Martin Luther King Jr. The third Monday in January is designated as an American national holiday to commemorate his birthday.

King came on the scene at a time when the movement had to move out of the courtrooms and into the streets.

This era might have drowned America, particularly the South, in a torrent of blood, said Conestoga College history professor Michael Dale.

"Instead, he offered non-violence as an alternative to what might have become a second full-scale American Civil War."

"Canadian minority groups in his time gained courage and inspiration from his message and actions to begin to challenge systemic discrimination in the U.S."

*Michael Dale,  
history professor,  
Conestoga College*

Although Canadians do not officially celebrate Martin Luther King Day, his accomplishments had a great impact on this country.

The Civil Rights Movement had spill over effects in Canada, said Dale.

"Canadian minority groups in his time gained courage and inspiration from his message and actions

to begin to challenge systemic discrimination in the U.S."

The road to change was a long one for King.

He led a boycott in Alabama to eliminate the segregation of black people on public transportation in the 1950s. The boycott lasted for more than a year and culminated in the Supreme Court declaring Alabama segregation laws undemocratic.

King pursued his non-violent philosophy through protests, despite the threat of brutality by non-supporters.

"We will not resort to violence. We will not degrade ourselves with hatred. Love will not be returned with hate," he said.

He never deterred from this path, even when other civil rights activists, like Malcolm X, used violence as a means to facilitate change.

King was immortalized by his I Have a Dream address, made before more than 250,000 in Washington in 1963.

In an excerpt from this speech he said, "I say to you today, my friends, that in spite of the difficulties and frustrations of the moment I still have a dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident; that all men are created equal.'"

King's pursuit of equality reached a high point when the American government passed the Civil Rights Act of 1964. The impact of this legislation was extensive; it included the enforcement of voting and discrimination laws and the establishment of a commission on equal employment.

The Nobel Peace Prize winner's life was cut short on April 4, 1968,

when he was shot in Tennessee. The first Martin Luther King Day was celebrated in 1986, despite controversy south of the border.

Americans were divided for several reasons. King's status as a racial minority, the costs of creating a new holiday and the fact King was a social crusader led to heated debate.

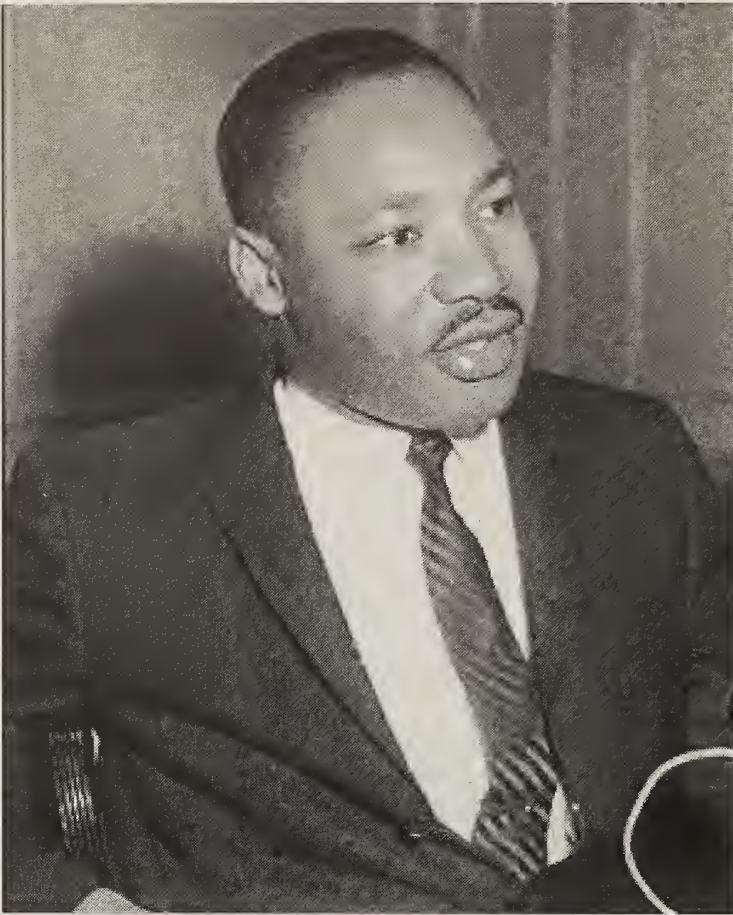
"We will not resort to violence. We will not degrade ourselves with hatred. Love will not be returned with hate."

*Martin Luther King Jr.*

Plus, excluding George Washington, King was the only American to have a holiday named after him on his birthday. However, Dale said he was not really surprised a holiday was declared for King.

King was the human face of the Civil Rights Movement, he said. "The day commemorates not only King the man, but the ideals he stood for. Those ideals are certainly worth celebrating."

For more information on Martin Luther King Day, go to [www.holidays.net/mlk/](http://www.holidays.net/mlk/).



(Internet photo)

Martin Luther King Day is celebrated to commemorate the man historians consider to be the human face of the Civil Rights Movement.

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# Free your mind with meditation

By LESLEY LEACHMAN

It's been the centre of spiritual rituals for centuries. But for Ron Davidson, meditation is a way to improve his health.

Four years ago Davidson, of Arden, Ont., was living what he calls a high stress life. Then his doctor told him that he had high blood pressure and had to find a way to relax.

A friend suggested he try meditation, but at first Davidson thought the idea was silly.

"I couldn't picture myself sitting cross-legged, surrounded by candles and humming," he says. "But my friend explained how it helped her relax, so I tried it."

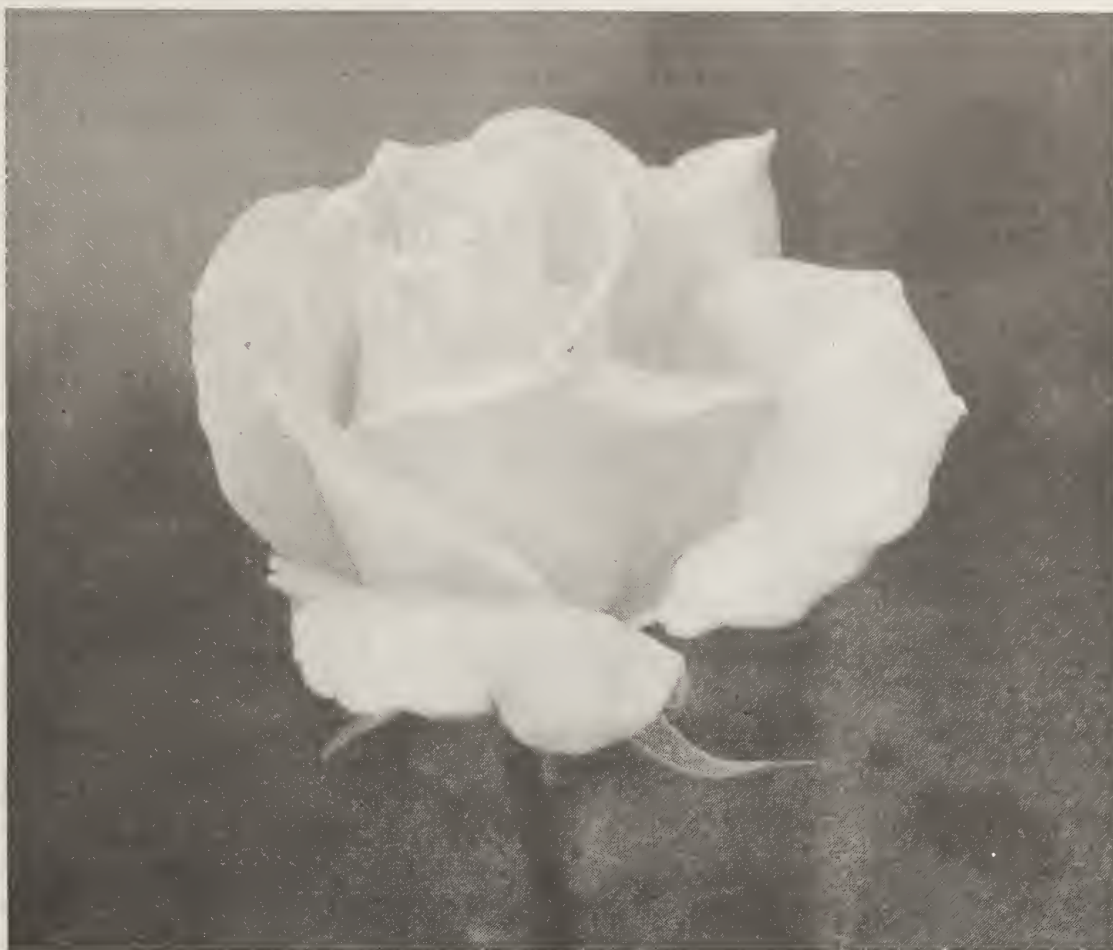
"The mind is often neglected when it comes to working out ... If you exercise your body, why not your mind as well?"

*Jean Taber*

He also adds his first impression of meditation was a misconception.

"You don't have to sit cross-legged for hours on end. Meditation can be done in any position, in any place and for as long as you want," says Davidson. "Just a few minutes (of meditation) a day can alleviate the body."

As well as lowering blood pressure, meditation has been known to calm anxiety, create more energy in the body, ease some discomforts of pregnancy and even provide relief for people who suffer from nightmares.



(Photo by Lesley Leachman)

Focal points such as flowers are often used in meditation to focus the mind. Other things like candles and pictures can also be used.

But not everyone meditates to help ease specific health problems. Jean Taber, of Burlington, has been meditating for more than 10 years. She started because it was an easy and inexpensive way to focus the mind and relieve daily stress.

"Stress wears down the body faster than anything else," Taber

says. "And meditation is a wonderful way to get away from the everyday world and empty the mind."

But, she adds that many people don't get in touch with their spiritual side.

"The mind is often neglected when it comes to working out," says Taber. "If you exercise your body, why not exercise your mind

as well?"

She explains that meditation can be done in a variety of ways, but like anything, it has to be practised to be done correctly.

Taber says that many beginners often think they're relaxed, but still harbour stress. She explains that true meditation lets the mind rest deeply, like when you're asleep.

"Make sure you meditate somewhere that has no disruptions," Taber says. "I suggest turning off the lights the first time you meditate so there are no distractions."

Also, Davidson says a common mistake for beginners is trying too hard. He says just to let your mind go blank and your body go limp.

"A good way to start is to close your eyes and concentrate on the rhythm of your breathing," he says. "The longer time between breathes shows that the body is being relaxed."

Davidson adds that if you find your mind is wandering, repeat a word over and over in your head to help focus your thoughts.

But his favourite way to meditate is to light a candle and focus on the flame, while kneeling.

"This helps me clear my mind of clutter and I'm able to think more clearly," he says. "But I also use other focal points like pictures. Some people even focus on things like a flower or a glass of water."

Taber, however, meditates quite differently. She begins by lying down and taking deep breaths. She gradually begins to let her body parts relax, beginning with her toes. Then, one by one, her whole body loosens, ending with her forehead. Afterwards, she closes her eyes and lays still.

"This is also a good method for beginners," Taber says. "It really relaxes the entire body and helps you think more clearly and sharply."

She also adds that complete relaxation comes gradually and shouldn't be rushed.

"Meditation can be frustrating but don't give up, it will come in time," she says.

## Life on Mars may be a possibility

By PETR CIHACEK

That place is colder than frozen hell and drier and dustier than you could ever bear.

Mars, the red planet that was named after a Roman god of war, is so bitterly inhospitable that no human being could survive there. It is almost unimaginable that any form of life could ever live in that icy emptiness. Or is it?

A number of scientists believe that Mars once had surface water that could have hosted life. That is why Spirit, a small rover that was launched last June by NASA, is now scanning the mysterious planet, searching for traces of water from billions of years ago. And that is why the mission keeps making headlines and many get excited over every new picture the rover sends to Earth.

So far, Spirit keeps sending only gloomy images of a miserable landscape where there is nothing but stones and dust devils. But many people keep their fingers crossed, hoping the mission will bring a big surprise.

That may be because of the astonishing number of UFO sightings and because of the fact that most of the alien lore is inseparably tied to Mars.

The first accounts of what we would today call extraterrestrial encounters go thousands of years back. But the last few decades seem to be the most plentiful when it comes to reports on UFO sightings and abductions.

"I expect that there probably are different forms of lives in different parts of the universe."

*Al Cheyne,  
UW psychology chairman*

In recent years, the sightings have risen dramatically in Canada. According to the annual Canadian UFO survey by the UFOlogy Research of Manitoba, there were 483 sightings in 2002, which are 109 more than the year before. In 2000, there were 263 cases and in 1989, when the survey started, only 141 people reported seeing a UFO.

Another survey suggests that 78 per cent of Canadians believe in the existence of extraterrestrial life and 9.6 per cent believe they have seen a UFO.

Last April, an unidentified Kitchener man contacted American

TV producer Darryl Barker, claiming that he and his wife saw a UFO flying over their house. The man described it as a large triangular object with round globes of orange light in each corner. Barker says the same object had been seen January 5, 2000 in Illinois, U.S.

But Al Cheyne, chairman of the psychology department at the University of Waterloo, is skeptical of all reports of extraterrestrial encounters.

"I expect that there probably are different forms of lives in different parts of the universe," said Cheyne. "But (because of) the distance, it is unlikely they will ever be able to visit us."

Cheyne claims the majority of the UFO sightings could be a result of sleep paralysis and associated hypnagogic and hypnopompic hallucinations, which are hallucinations just prior to falling asleep or upon awakening.

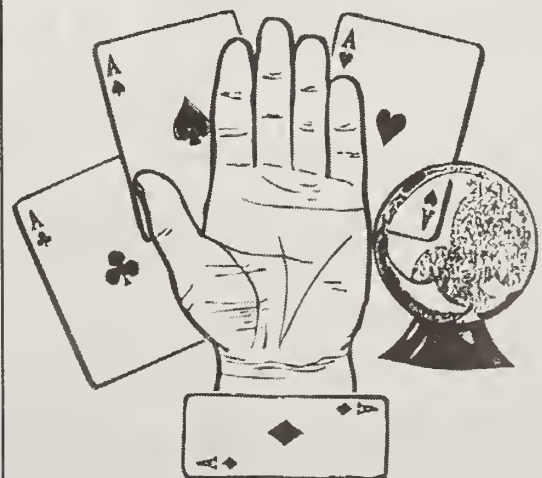
"People don't have to be in bed to experience that," he said. "You can be driving a car and doze off for a few seconds."

However, he acknowledged that this theory does not explain the hundreds of reports on alien abductions.

"I have absolutely no explanation for that," he said.

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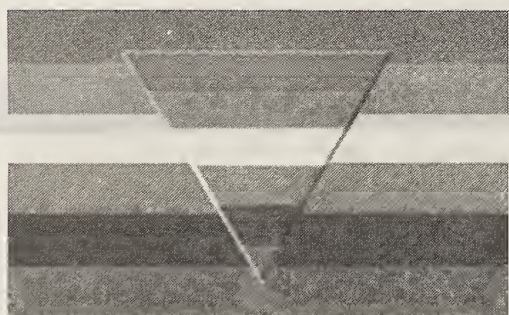
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# Tobacco industry's poster child reveals harmful effects of smoking

By JENNIFER ORMSTON

Are you a smoker?

If so, National Non-Smoking Week is a time to consider the consequences of your actions.

For starters, students who suffer from smoker's cough may be alarmed to hear the condition does not exist, said Michele Breault, development co-ordinator for the Waterloo Region Lung Association.

"Smoker's cough is a myth. It is really the early signs of emphysema."

During the third week of January the Canadian Council for Tobacco Control holds one of its most notable annual campaigns to educate the public on the dangers of smoking.

The timing of non-smoking week is ideal because many people resolve to make lifestyle changes in January, said Breault.

Since Waterloo Region is in its fourth year of having smoke-free public places, the local Lung Association will focus this week on educating parents and children of the dangers of smoking. The hope is to prevent young people from ever picking up the habit and remind them lungs are for life.

Weedless Wednesday is the peak of the week. It promotes the theory of quitting one day at a time, as opposed to stopping for life.

The idea of Weedless Wednesday is an appealing concept to some smokers who are discouraged by the prospect of an entire week or lifetime without cigarettes, but may be able to handle one smoke-free day, according to the National Non-Smoking Week website.

Every smoker can participate in National Non-Smoking Week, said Breault. "Just try it for one day and see how it goes."

**"The bottom line is, with every puff they inhale, they are smoking poisons."**

*Michele Breault,  
developmental co-ordinator*

Although young people are generally educated enough to know about the harmful effects of smoking, this knowledge does not deter many from taking up the habit, she said.

And lung cancer, which is the leading cause of cancer deaths, is not the only cause for concern. Emphysema and chronic bronchitis are also growing at alarming rates.

Students often believe conditions like emphysema and chronic bronchitis are for older people; however, it is becoming increasingly

common that people in their late 20s and 30s are getting these illnesses, she said.

"It is suspected by the year 2020, the third leading cause of death in the world will be chronic obstructive pulmonary disease if smoking rates stay the same. The two main forms of this disease are emphysema and chronic bronchitis," said Breault.

Many students do not consider themselves smokers if they only smoke a couple of cigarettes a day, or when they are out with friends. However, a little bit is all it takes, she said.

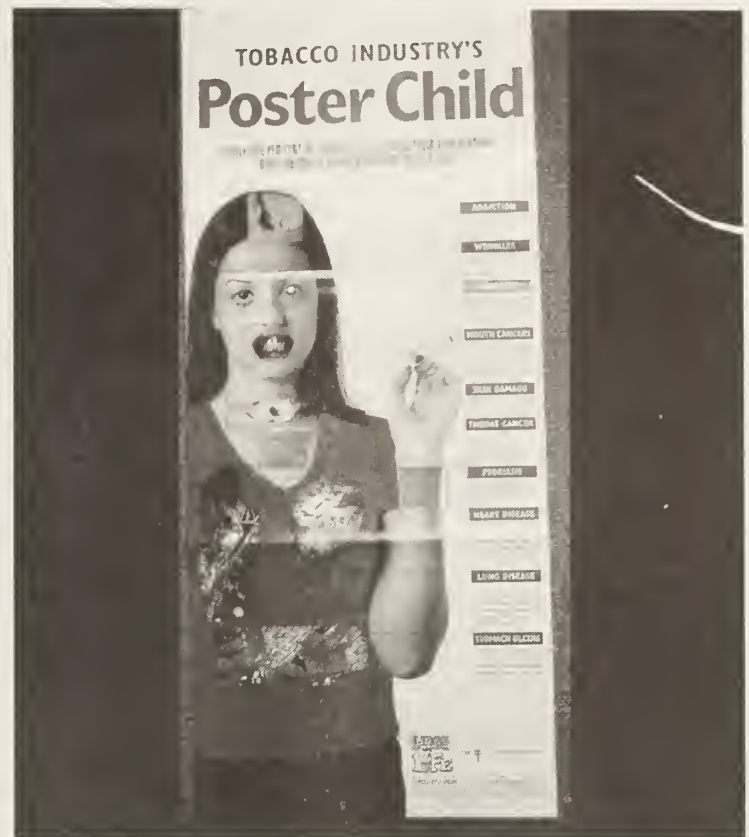
There are 4,000 chemicals in cigarettes, many of which are poisonous.

"People think because there is no skull and crossbones on the package, it is not poison. But the bottom line is, with every puff they inhale, they are smoking poisons."

Breault said many smokers make excuses and think nothing bad is going to happen to them. However, statistics regarding the consequences of smoking are alarming.

For instance, of 1,000 20-year-old smokers, one will be murdered, nine will die in traffic accidents and 500 will die from a smoking-related illness, according to Talk It Out, a brochure published by the Ontario government.

Anyone who would like help to quit smoking can call the Lung



(Photo by Jennifer Ormston)

This poster, hanging in the Waterloo Region Lung Association office, shows the harmful effects of tobacco on the body. Negative impacts of smoking include mouth, throat and lung cancer.

Association's information line at 1-800-972-2636 or visit their website at [www.on.lung.ca](http://www.on.lung.ca). For more infor-

mation on the effects of smoking, go to [www.hc-sc.gc.ca/hecs-sesc/tobacco/facts/risk.html](http://www.hc-sc.gc.ca/hecs-sesc/tobacco/facts/risk.html).

# New mad cow case continues to delay exports

By JASON NOE

The latest case of mad cow disease has prompted the federal government to commit \$92 million to ensure the safety of Canadian beef.

The announcement from Ottawa on Jan. 9 will see the increase of testing for mad cow disease, also known as bovine spongiform encephalopathy (BSE), which eats holes in the brains of cattle. The disease is harmful to humans because it can cause a brain-wasting illness if contaminated beef is digested. Testing will increase to 8,000 cattle per year from the existing 5,550 and continue to rise over the next five years to more than 30,000.

**"What matters is where she consumed tainted feed."**

*Carolyn Porteous,  
first vice-president*

This comes after a Washington state Holstein cow tested positive for mad cow disease just prior to Christmas. Canada quickly imposed restrictions on U.S. beef imports, but then subsequent DNA tests confirmed the infected cow was from an Alberta ranch. Days later, officials discovered the Holstein was born in April 1997, four months prior to new safety restrictions on the contents of cattle feed, which were agreed upon by Canada and the U.S.

Canada's beef industry has already been in turmoil since last

May, when it was discovered that an Alberta breeder cow was infected with mad cow disease.

U.S. officials closed their borders to Canadian beef, causing farmers to lose more than \$1.9 billion.

In September, Canada was allowed to begin exporting boneless beef from animals under 30 months old into the U.S. and there were also hopes of live cattle under 30 months old being allowed to cross the border.

The ruling had been scheduled for Jan. 5 but was later postponed.

Carolyn Porteous, first vice-president of the Peterborough County Cattleman's Association, believes too much attention has been given to where the latest case was found and not what the cow had been consuming.

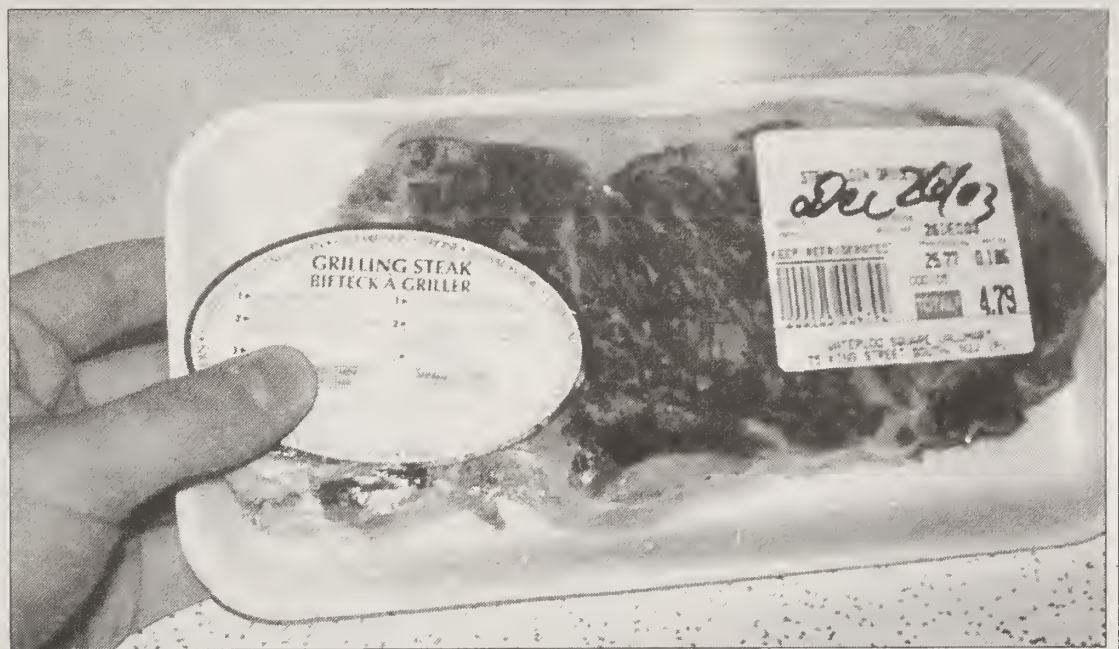
"It does not matter where she was born," said Porteous. "She could have been born in Britain or Japan for all that matters. What matters is where she consumed tainted feed and where that feed was produced and who else consumed it."

In April 1997, Canada and the U.S. banned the use of processed feed, which contained any animal parts.

This is why cows contract the disease, from simply eating food that contains tainted animal parts.

Porteous expects it is likely the borders will remain closed for a long period of time, but is still optimistic.

"A five- or seven-year ban is unlikely as the American market needs our product," said Porteous.



(Photo by Jason Noe)

The latest case of mad cow disease has prompted the federal government to commit \$92 billion to ensure the safety of Canadian beef. This comes after a cow born in Alberta tested positive for mad cow disease before Christmas. Canada's beef industry has been in turmoil since last May.

"We export a very large number of dairy heifers on an annual basis and this demand will remain. Our beef animals will be needed when the American industry has exhausted their own supply."

Porteous said the Canadian beef industry will rebound, but there may be some changes. She also feels especially sorry for the smaller meat producers who have been overlooked in the shadow of the cattle producers.

"The cattle industry is, of course, the largest and they have a very organized overseeing body that

fights on the media and political front," said Porteous. "Being overlooked are the sheep, buffalo and other meat producers who are suffering as much and maybe more. The domestic markets for these animals are much smaller and they are suffering greatly."

It is just not a business that is losing money; it is a way of life that is being affected forever."

But just because Canadian farmers were not exporting beef across the border for most of last year, it seems that it has not dampened our appetites for meat.

"From a consumer point of view, surveys showed that beef's safety rating dipped in the first week following the May 20 case of BSE and then rebounded in the subsequent weeks," said Margaret Thibeault of the Beef Information Centre of Mississauga.

"In fact, Canada is the only country in which consumers increased consumption after a case of BSE."

In June through August 2003, Canadians increased their purchases of beef by 20 per cent over the same period in 2002."



# Best western classic comes back on DVD

By JASON NOE

The best western that has come out of Hollywood in more than a decade will be released on DVD this Tuesday.

Open Range, starring Robert Duvall, Kevin Costner and Annette Bening, was released in theatres last Aug. 15 and enjoyed a steady stream of business at the box office. Costner directed the film, whose acting credits include Dances with Wolves, Field of Dreams and Bull Durham. But he is also responsible for the terrible action movies Waterworld and The Postman.

With Open Range, Costner returns to true Dances with Wolves form and is able to depict the final years of the Wild West with incredible detail and beauty. He should also be credited in straying from the conventional action western film, where violence is more prevalent than the actual story. The movie is

also based upon the novel, The Open Range Men by Lauran Paine.

The film begins with Costner's and Duvall's characters, Charlie Waite, and Boss Spearman, roaming the open countryside with their cattle. The men are "free grazers," which are cattle herders that do not own a specific piece of land. Aside from Costner and Duvall, there are two other younger men on their crew played by Abraham Benrubi and Diego Luna.

When the four men encounter a severe thunderstorm, they send Benrubi's character into the nearest town for supplies. When he does not return the following morning, Waite and Spearman head into the small town to investigate. They soon discover that a ruthless, corrupt rancher named Baxter controls the town and surrounding land. Micheal Gambon plays him with brutal conviction.

Baxter makes the laws in the town and enforces them with cruel tactics. Needless to say, he does not like cattle grazers on his land

and tries to rid the town of Waite and Spearman with the assistance of his corrupt sheriff played by James Russo. But Waite and Spearman are not going to have their way of life threatened and taken from them so easily.

"The gunfight is the most realistic shootout I have ever seen in a movie ... just the most gritty and brutal display of realism between people as they try to stay alive."

The movie's main plot is the battle between the honest cowboys and the evil rancher, which is done realistically and without a million special effects. The film simply lets the characters and their actions tell the story, rather

than scenes filled with pointless violence.

There is also a romantic subplot between Costner's character and the town doctor's sister, played with genuine perfection by Annette Bening. There is a real chemistry between her and Costner that we feel until the final climatic gunfight scene in the film, which is my favourite part.

This gunfight is the most realistic shootout I have ever seen in a movie. There are no special effects or music, just the most gritty and brutal display of realism between people as they try to stay alive. It is truly epic and we see Costner's flare for directing action, as the bullets fly and the cowboys fall lifeless to the muddy street.

The film has a running time of 154 minutes and the DVD comes with two discs loaded with special features. If you are not a fan of westerns, please do not be discouraged from seeing it. This film may change your mind, as it did mine.

## Jann Arden returns to Centre in the Square

By JENNIFER ORMSTON

Canadian singing sensation Jann Arden is making her way back to Kitchener this winter where she will perform at the Centre in the Square.

Due to overwhelming demand for her evening show on Feb. 1, a second matinee performance was added on the same day.

The eight-time Juno Award winner will perform songs from her latest album, Love is the Only Soldier. The album's title track has been a Canadian top seller for the past six months.

This album is unique for Arden because she produced it in her basement, while wearing her pajamas.

Music fans not familiar with her seventh album will probably recognize Arden for her past hits, including Good Mother, I Would Die for You and Insensitive.

Tickets for the 4 p.m. performance are available at [www.centre-square.com](http://www.centre-square.com) for \$53.50. There are also some single-seat tickets available for the 8 p.m. show.

## study skills study skills

### INTRODUCTION TO LEARNING STYLES

*IS THERE ONE BEST WAY TO LEARN?*

**There are many different learning styles**, and, different styles are suited to different situations. Since every individual is highly developed in some abilities and underdeveloped in others, there is no "best way" to learn. Just like personality traits, learning styles are part of your personal characteristics, and knowing how you learn is one of the first steps in discovering who you are.

**Students learn in many ways.** Mismatches often exist between common learning styles and standard teaching styles. If you understand how you learn most effectively, you can tailor your studying to your own need, which means choosing study techniques that help you learn. For example, if you respond more to visual images than to words, you may want to construct notes in a more visual way. Or, if you learn better when talking to people than when studying alone, you may want to study in pairs or groups.

**Determining your learning style takes work and self-exploration.** For it to be worthwhile, you need to understand what knowing your profile can do for you. If you know your learning style, you can take advantage of your highly developed areas while helping yourself through your less-developed ones. What's important is that you use what works for you.

**To find out more about learning styles, drop in to 2B07 and pick up the Learning Style Inventory and start using techniques that complement how your prefer to learn. Learn to work smarter, not harder!**



#### HEALTH CARE TIP



#### WEIGHT CONTROL

Need to lose some weight? Follow Canada's Food Guide and try cutting down the overall number of calories in your diet, particularly those that are high in fat. Remember to exercise and weigh yourself regularly and above all give yourself a pat on the back for each pound that you lose.



St. John Ambulance



# A Dozen is not so cheap

## Cheaper by the Dozen is good for a laugh

By KATE VANDEVEN

Cheaper by the Dozen is no Oscar-winning movie, but with a mix of Ashton Kutcher, Steve Martin and 12 kids, it does have the ability to make you laugh.

It is a film about a father (Martin) who takes on the responsibility of taking care of his 12 children while his wife (Bonnie Hunt) goes on a book tour.

Martin and his family have just moved to Chicago so he can coach a football team at Northwestern University.

Although this movie is a comedy, the underlying focus is on how important family is.

But because none of the kids, who range in age from preschool to 22, agreed with the move, Martin has a lot more to deal with than a football team.

As Hunt spends most of the



movie alone, in quiet lavish hotels, Martin runs around trying to coach, cook, clean and be a father.

At one point, he is dealing with his football team that is practising in his backyard, a kid who has a bucket stuck on his head, two kids who are shooting each other with arrows, three kids who are continually vomiting after each other in the kitchen and a dinner disaster, all while trying to convince his wife on the phone that he has everything under control.

A lot of crazy things happen when you have a dozen children; soaking Kutcher's underwear in a bucket full of meat is just one example.

Walter Lang made the original Cheaper by the Dozen movie in the 1950s.

It was based on Frank Gilbreth Sr., who was a father of 12 and was known for his work in the field of motion study.

Other names in this movie include Hilary Duff, who is known for her role in Lizzie McGuire, Piper Perabo, who is known as "Jersey" in Coyote Ugly, Tom Welling, who is known for his role as Superman in Smallville, and Regis Philbin and Kelly Ripa.

Although the movie is a comedy, the underlying focus is on how important family is and how no job, money or house is worth jeopardizing it.

This is not a movie to go to if you feel like watching a drama, or to learn anything, but it does make you laugh and it gives you a chance to sit for a few hours and not have to think.

However, it does make you think twice about having a big family!

I give this movie three stars.

# More reality TV on its way

By LESLEY LEACHMAN

The winter season brings us many things. The wind blows colder, fresh snow blankets the earth and a new instalment of reality television shows hits prime-time.

Some debuting reality shows are just regurgitations of existing shows, while others have new concepts.

For instance, The Apprentice debuted earlier this month, with 16 business-savvy contestants competing to become an apprentice to billionaire Donald Trump. Contestants are pinned against each other in several rigorous competitions testing their business skills. The sole competitor who avoids being fired will get a glamorous job that pays a six-figure salary.

It seems that public humiliation is a rising trend in reality television.

It seems that public humiliation is a rising trend in reality television. Similar to Average Joe, My Big Fat Obnoxious Fiancé centres on the unsuspecting main character who doesn't realize the other people on the show are actors. On this show however, it is the "bride" who falls victim to the joke. The "bride" introduces her

"fiancé" to her loved ones while he pretends to be as obnoxious as possible. The bride believes if she can get her family to agree to the marriage, they'll be able to split a million dollars. But in reality, the husband-to-be is just an actor trying to be so terrible that the bride gives up.

Also debuting in mid-January, The Surreal Life Two proves that we just can't get enough of washed-out celebrities.

In this show five strangers, who include Vanilla Ice and other long-forgotten stars, live together in one house. Alliances are made, enemies are pushed-out and the last surviving competitor takes the prize. Nothing new here, just some old-familiar faces trying to get in the spotlight one last time.

Yet another group of hopeful youths lined up to compete in America's Next Top Model Two. The show was such a success in the first season, the network decided to put us through another round.

Much like American Idol, each contestant must prove their talent in front of judges. The one who stands out above the rest will have an opportunity to launch a high-profile modeling career. Look for this show to also hit television screens in mid-January.

And what reality television season wouldn't be complete with another round of American Idol? The third series of the show will

premier over three consecutive nights starting on Jan. 19. Everyone's favourite critic Simon Cowell will be there once again to hand out sarcastic comments to competitors. They will be adding a new fourth judge to the show, but the network is keeping the name under wraps.

Reality television shows are cheaper to make than regular sitcoms because they don't have to pay actors or script writers.

Also, Survivor, the show that made reality television so popular, will begin its eighth season on Feb. 1. This round is called Survivor All-Stars and it's been advertising a heightened competition between the "best-of-the best."

They plan to bring back past Survivor champions for the ultimate contest. But the show has yet to release any details on which survivors will be returning.

Reality television shows are cheaper to make than regular sitcoms because they don't have to pay actors or script writers. Since Survivor brought in such high ratings, every television station wants a slice of the success. More reality shows pop up every year and it doesn't look like that's going to slow down anytime soon.

## Got something to say?

Spoke wants to hear from you. Write a letter to the editor.

Letters to the editor must be received by Tuesday at noon for the following issue. Letters can be e-mailed to [spoke@conestogac.on.ca](mailto:spoke@conestogac.on.ca), dropped off at the Spoke newsroom at 4B14, or mailed (see address at bottom of page 4).

## Horoscope

Week of Jan. 19 - 25

Happy Birthday!



**Libra**  
September 23 -  
October 22

A certain aspect of your life will soon bring you great joy. Make plans and refuse to be deterred. Stop doing anything that doesn't feel right for you. Enjoy - and demand life's pleasures.

Postpone arguments and debates until they can open minds. Examine home and family issues. This is a good time to consider relocating. Beware of laziness and depending too much on oth-



**Aries**  
March 21 -  
April 19

Now is the time for sending out resumes, starting a new enterprise, or beginning a journey. Your strength uplifts those who lack the resources to solve their problems alone.

Don't be cruel. Try to compromise and see others' points of views. New obligations will take the starch out of your sails. Write letters and make calls; someone is waiting to hear from you!



**Taurus**  
April 20 - May 20

Tact and diplomacy will bring the best results. People are in a generous mood, so don't hesitate to ask for assistance and get matters off your chest. This week will be full of liberating confessions!

Tell your partners your objectives and feelings. Don't be afraid of rejection. Leave the answering machine on and let someone else answer the door. You must gain a stronger sense of self-worth.



**Gemini**  
May 21 - June 21

Your spirit is strong and pioneering. Don't let your ego get in the way. It's a good time to push ahead with ideas, contracts and other matters. Goals met quickly are better than long-range ones.

Answers arrive when you talk things out with friends and lovers. Don't take silly risks. Guard against unrealistic thinking. Dare to dream, but keep both feet firmly on the ground.



**Cancer**  
June 22 - July 22

Your greatest accomplishments come through competition. Learn from the opposition. Look outside yourself for alternative courses of action. Solutions are clear when you're away from daily activities.

Faith overcomes your current obstacles. You have the power to accomplish your goals. Consider all of the consequences, but act swiftly. Don't get stuck in old behaviour patterns.



**Leo**  
July 23 - August 22

Gossip is in the air. Be easy-going when you encounter opposition from stubborn people. Postpone ultimatums. Don't accept everything as a fact. Use your head when making decisions.

Social life and activity come to the forefront. If you come to a fork in the road, keep your eyes open for all options. Past efforts and labour bring rewards. Smile - someone's watching!



**Virgo**  
August 23 -  
September 22

You're feeling overwhelmed and low in spirits. Now is the time for reprioritizing. You are not as powerless as you may feel. Hey, cheer up - it can get worse you know?



**Pisces**  
February 19 -  
March 20

*Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.*



**PREPARE TO BE SHOCKED**

**“GET IN THE GUTTER”**

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**Wade McElwain & Johnny Gardhouse**

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**8pm -SANCTUARY-**



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# Big money does not mean success

By NICK HORTON

Ever pay \$15 to see a movie that had rave reviews and all your pals said was cooler than bubble gum only to walk out halfway through cursing obscenities for wasting valuable time and money?

Well, if you have, then you have experienced a similar feeling many professional sports teams are feeling right now. It is the feeling of having just thrown your money away.

The world of professional sport has become such a profitable business that many organizations are willing to make high-risk moves in hope of an even higher return. I am talking about mammoth contracts of professional athletes.

But, just like you paying to see that blockbuster movie that was supposed to be a mind-blowing adventure and take the theatrical experience to an all-new dimension, the pros get ripped-off too.

As it stands right now, NBA star Grant Hill, an Orlando Magic small forward, is making \$13.2 million for sitting at home and watching reruns of *Saved by the Bell*. Hill is signed to a seven-year, \$93-million contract, which the Magic picked up off of the Detroit Pistons. They had better put the wand away and

invest in a bible or two. Hill is in his fourth season with the Magic, but has only played 47 games over three seasons due to an ailing ankle. It is doubtful he will touch the hardwood once in the 2003-04 season.

The Raptors aren't immune either. Hakeem "the Dream" Olajuwon was a nightmare for Canada's only basketball franchise. Similar to Hill, Olajuwon was signed to a three-year \$16.7-million contract by the Houston Rockets and then moved to Toronto, for a first and second round draft pick. Trying to address a need for a centre, Raptor General Manager Glen Grunwald maybe should have checked Toronto area retirement homes first. Back problems are commonplace with the elderly and Olajuwon is no different. His back problems grew worse while in Toronto and he retired early in the 2001-02 season. A wheelchair would have been a suitable welcoming present for the big man, but I guess foresight isn't a skill Grunwald had mastered and still hasn't. A recent six-man trade solidifies this theory.

Keeping with the NBA, a few more players stick out when talking about people who aren't quite living up to their end of the deal. Penny Hardaway is being paid

more than \$13 million a year and is now a back-up guard with the New York Knicks. Speaking of the Knicks, Dikembe Mutombo is pulling in a cool \$17 million for consistent inconsistency, which, believe it or not, is tougher than it is to say.

As for the NHL, it seems nice guys finish last, or at least Curtis Joseph does. One cannot help but feel bad for the guy. He was the number 1 guy, was paid number 1 money (\$8 million a year), then the Dominator, fresh from beating some guy's head in during a road hockey match in the Czech Republic, decided he wants another cup and made Cujo expendable. Now, it's true Joseph didn't perform in the playoffs last season, but he hasn't had a chance to redeem himself to the Detroit fans and that's all he wants. He has been nothing but a professional when dealing with the situation, which has had him playing AHL hockey for the Grand Rapids Griffins. Detroit has tried to deal him, but can't move him because, among other reasons, \$8 million is too much for a goalie that has yet to make it to the Stanley Cup finals.

On the otherhand, the NHL is sort of an oddball. With no salary cap, but the collective bargaining agree-

ment coming up for renewal, some teams have been reluctant to put all their nuts into one basket. The threat of a work stoppage has made owners think twice before offering the big contract and think more about implementing a salary cap.

And, of course, you can't talk about overpaying professional athletes without mentioning professional baseball.

Arguably the best player in baseball, Alex Rodriguez, is a sore spot on his team because of his colossal contract. Two years ago, A-Rod signed a 10-year, \$252-million contract with the Texas Rangers to become the highest paid athlete in the world. Since, the Rangers have accordingly been dumping salary and the next move would be to ship A-Rod. This would make funds available to rebuild and sign other potential free agents. The 2003 American League MVP is keeping the Texas Rangers from evolving into an all-around stronger team. A big trade is imminent.

The Toronto Blue Jays are also not a stranger to the big budget blunder. The Jays held the short end of the stick on the Mike Sirotko deal that sent the injured lefty north of the border and ace David Wells to Chicago. While Sirotko sat on the injured list, he added \$3.5 mil-

lion to an already exuberant payroll.

On the Formula One circuit, Canadian Jacques Villeneuve is looking for a new team. The boys at BAR Honda felt he wasn't a viable expenditure and didn't live up to his price tag. In 1999, Villeneuve signed a five-year, \$20-million contract, second to only the God of F1 himself, Michael Schumacher.

And let's not forget professional boxing, a world that has the Robin Hood syndrome, only upside down. Taking from the poor (the average HBO viewer) and giving to the rich (greedy men like Don King). Hell, the big fight won't even happen if the boxers involved think there isn't money to be made. Professional boxing is one big promotional bust in which scandal never seems to fade.

These big budget blunders are the product of a new era of professional sport. The sooner the sports fan accepts this, the sooner they can decide whether to turn on their televisions and watch the many athletes being paid millions to play a game or watch Paris Hilton dance around in scanty clothing on a farm. Either way, both are being paid too much to do the only thing they're good at.



(Photo by Carla Sandham)

## Pumping up

Losing weight tops the list of most North Americans in the new year, including Stephanie Burwell, 24, of Kitchener, who works her arms at a local gym. Fitness centres across the city face crowds of eager new members each January.

## Eating out tonight? Make a smart choice.

For healthy food choices, food safety and 100% smoke-free seating, choose an Eat Smart! restaurant. Contact the Waterloo Region Community Health Department at 883-2253 or visit [www.eatsmart.web.net](http://www.eatsmart.web.net).



#EHLRP003

# Where does it stop?

*NFL players taking their touchdown celebrations too far*

By BRYAN MARTIN

The Super Bowl is approaching and another NFL season is almost over.

I feel it's been a very exciting season and I am sad that it's coming to a close. Football is my favourite sport and I wish the season was longer, but obviously there's nothing I can do about that.

The NFL stands for the National Football League, but there are players in the league who are calling it the No Fun League.

The players who are complaining aren't your average players, they are the flashy players who love to celebrate after a great play. Players like Terrell Owens from the 49ers, Joe Horn from the Saints and Chad Johnson from the Bengals.

These players are disgusted with the leagues' officials because they have all been fined by the league for celebrations too extreme after a touchdown.

I am all for a good celebration because I think it's good for the game. I think it's not only good for football, but for all professional sports. An intense and well put together celebration adds a level of

entertainment and I think the fans really appreciate it.

Older people might say it's not good for the game because it's changing from its roots. Well, society is changing too and people like to be entertained and get a taste of something different.

The bottom line is the fans are the ones who pay for the tickets and they're the ones who really make the game what it is.

I am part of a younger generation and enjoy different types of entertainment, but I think that when a good celebration happens it can change a game for the better. The players on the team that just scored will see their player celebrate and it will show them how much heart and passion he has for the game. The opposing team will get even more fired up because the guy is really just taunting the other team.

It is key the player doesn't go overboard or else it just looks stupid and cocky.

The aspect that does make me angry is that just recently some players have taken the celebrations too far for the wrong reasons.

I thought it was funny last year to see Terrell Owens pull a marker out

of his sock after he scored a touchdown and autograph the ball and give it to someone in the crowd. The fact is some marker company saw this as a great marketing opportunity and just a few months later Owens had a commercial advertising Sharpie markers.

I didn't mind that too much because he was the first one to do it, taking touchdown celebrations to the next level.

The one celebration that did upset me happened about seven weeks ago when Joe Horn from the New Orleans Saints scored his second touchdown and pulled out a cellphone he had hidden underneath the mat protecting the goalposts in the end zone.

He claimed he was calling his mom, but I feel he didn't have the phone out long enough to make a call.

The reason I don't like what he did is because I feel he did it for money and not for the love of the game.

I think he saw Terrell Owens get his commercial deal and he felt that he could easily get a commercial deal with a cellphone company.

I love a good celebration, but only when it's genuine.

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# Condors manage to hold on for tie

## Final score 5-5 after team leads 4-1 in first period

By KATE BATTLER

The Condors men's hockey team managed to come away with a 5-5 tie against the Sir Sanford Fleming Knights after leading 4-1 in the first period, Jan. 7.

Forward Ryan Baird got the scoring started for the Condors a minute into the first. He also added the fourth goal late in the period.

Forwards Tim Schulz and A.J. Yaworski also had a goal apiece in the first period and assistant captain John Johnson had the lone goal for the Knights.

During the second period the Condors were plagued by unnecessary penalties that allowed the Knights to add two more goals. Forward Mike Temple scored both goals just 13 seconds apart.

Assistant captain and forward Scott Bradley added the fifth goal for Conestoga to set up the score at 5-3 after the second period.

"This is probably the worst hockey game we've played all year."

*David Cressman,*  
head coach

Fleming scored two minutes apart midway through the third to tie it up. Assistant captains Justin Murray and John Johnson were able to connect, forcing the game into overtime.

During the five-minute overtime period Conestoga was unable to score to pull out the win.

After the game, Condors head coach David Cressman said the game was a real disappointment.

"This is probably the worst hockey game we've played all year," he said.

Cressman attributes the loss to the team being physically and mentally tired.

"We were just not sharp at all. It's really embarrassing actually because I know they can be a lot better."

Cressman said the main thing the team can improve on following the game is skills.

He said the team couldn't make passes or play defensively the way



(Photos by Kate Battler)

Above, Condor defenceman Josh Dennis works the boards.

Left, Condor forward Reid Porter winds up for a shot.



### OCAA STANDINGS HOCKEY

(as of Jan. 14)

- St. Clair Saints - 12 pts
- Seneca Sting - 12 pts
- Conestoga Condors - 7 pts
- Humber Hawks - 6 pts
- Fleming Knights - 4 pts
- Cambrian Golden Shield - 2 pts

they are supposed to.

During an exhibition game on Jan. 4 the Condors got whipped 9-1 by the University of Waterloo but Cressman said the team

played better in that game than they did against the Knights.

He said he was not pleased about getting beaten like that but he doesn't think Waterloo was

that much better than the Condors.

"We just died out physically," he said.

Conestoga's next game at home

is Jan. 21, at 7:30 against Humber College.

Cressman said the team appreciates the support and would love to see more students out to and watch.



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### Varsity Sports

Your upcoming varsity games

#### Mens Varsity Hockey Home Game

January 21st Vs Humber at 7:30pm

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#### Men's Hockey

\* Jan 21 Vs Humber

Jan 29 Vs Fleming

\* Home Games

Student cards must be presented to gain access to the facilities at all times.

Any student without a student card will need to purchase a \$6 day pass to access the facilities.

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Tuesday 11am - 1pm

Sunday 2pm - 3pm

### Shinny Hockey

Mon, Wed, Thurs, Fri

11am - 1pm



# Condors' coach a former NHLer

## *Cressman's hockey career included stint as a North Star*

By JASON SMITH

Conestoga's varsity hockey coach knows what it takes to build a successful hockey club. And he's got the experience to prove it.

David Gregory Cressman is in his first season as head coach of the Condors. But what many people don't realize, is that Cressman has a plethora of experience under his belt, including a playing career in the NHL.

Cressman, 54, a native of Kitchener, has been fascinated with the game of hockey for as long as he can remember. His first experience with the game came at the age of six when his father took him skating on an outdoor rink for the first time. He played his first game of organized hockey at eight years of age.

Interestingly enough, that game was played at the Kitchener Auditorium on half-ice. The rink was divided with boards at the red line so a game could be played in each half.

Cressman sharpened his skills in the Kitchener minor hockey program, playing from novice to midget before progressing to the Jr. B level where he played for the Kitchener Greenshirts. The Greenshirts are now known as the Kitchener Dutchmen.

The 1967-68 year saw Cressman take another step up in the hockey world as he returned to the Aud — where he played his first organized game — and began playing with the OHL's Kitchener Rangers.

In his three years with the Rangers, Cressman played in a total of 105 games, racking up 47 goals and 65 assists for a total of 112 points. His skill and determination were rewarded in the 1969-70 season as Cressman was named Rangers team captain.

However, being named team captain wasn't the only honour he would receive that year.

Cressman was drafted by the NHL's Minnesota North Stars (now the Dallas Stars) in the fourth round of the 1970 entry draft.

But Cressman didn't turn pro right away. Instead, he opted to take a year off from hockey and dedicate his time to finishing his education at the University of Guelph.

After a season away from the game, Cressman returned to the ice to play two seasons of senior hockey with the Galt Hornets. From there, he began his four-year professional hockey career, jumping to the International Hockey League (IHL) in 1973.

Cressman played one season for the Saginaw Gears before moving on to the American Hockey League (AHL) for the 1973-74 campaign. It was here, playing for the New Haven Nighthawks, that Cressman received the phone call every hockey player dreams of. The North Stars were on the other end. And they needed Cressman.

Being called up near the end of the 1974-75 season, Cressman



(Internet photo)

Condors' coach David Cressman used to play for the NHL's Minnesota North Stars. His fondest memory is scoring his first NHL goal in his first shift of his first NHL game.

dressed for five games and scored two goals.

"It was great to finally be rewarded for all the hard work I had done in the past," he said, speaking fondly of being called up to the NHL. "I don't think I was nervous; just excited to play."

Cressman's parents were visiting in New Haven at the time, where he played in the AHL, and were able to watch their son's first game in the "big time" live on television.

That game was played against the New York Rangers on March 23, 1975.

In what Cressman calls his fondest memory as a hockey player, that very night he scored his first NHL goal in his first shift of his first NHL game.

"It was quite a thrill," said Cressman. "Most guys who do that go on to have pretty good careers, but it wasn't to be for me."

Cressman remained a North Star for the entire 1975-76 season, playing in all 80 games that year. However, despite the increased ice time, he finished the year with only four goals and 12 points.

Cressman found himself back in the AHL with the New Haven Nighthawks for a year, cashing in 56 points in 80 games.

In 1977-78, his final year, he played senior hockey with the

Cambridge Hornets before retiring from the game at the age of 27 to dedicate his time to teaching.

Cressman was successful everywhere he played, being a member of teams that won the Ontario Hockey Association (OHA) Jr. B championship and the OHA Canadian senior championship.



He won several individual awards in his second season as a Kitchener Ranger, including top scorer and team MVP. He was named a second-team all-star in 1973-74 during his first year as a pro in the IHL and he led the AHL in playoff assists in 1974-75. He also scored the game-winning goal in the 1971 OHA senior Canadian championship.

Now a student of the game, Cressman looks back at his career

and said he believes each level of play a hockey player progresses to gets quicker and tougher.

"The skill level in the NHL is obviously very high. I don't think people watching on television realize how good these players actually are."

Cressman adds that he found it easier to play as he progressed because each player was so skilled and did his job so well that all any of them had to do was go out and play the best they could in the role they were given.

"This was especially true at the NHL level," he said. "You have to continue to consistently play at that level or you don't keep your job."

Along with his first goal, Cressman notes that one of his favourite memories was playing his first professional game in the legendary Montreal Forum.

"Although I had played junior hockey there I remember thinking that this was really it," said Cressman. "I had made the premier hockey league in the world and the atmosphere was electric."

Like most pro hockey players, Cressman has his share of stories to tell. One such story involves a game played against the Philadelphia Flyers — which meant a run-in with the "Broad Street Bullies."

"I wasn't a fighter per se," said Cressman. "I didn't back down either, but that wasn't my role."

Cressman's role was to check the opposing team's best player and on this night, his job outline was to play against Bobby Clarke. Clarke is now Philadelphia's general manager and an NHL hall of famer.

"One of their players took exception to the way I was checking him and it started a brawl where I remember ending up at centre ice with everyone on the ice," said Cressman.

"One of their 'goons' was Dave 'The Hammer' Shultz, who I didn't want to have anything to do with. I recall ending up with my sweater torn off and my goalie Caesar Maniago coming down the ice and knocking some of their guys down and probably saving me from a pretty good beating."

Growing up in an era of many hockey greats, Cressman had plenty of idols to choose from, but he insists that his idol and biggest influence was always his father.

Cressman also credits his favourite coaches — Dave Weber in Jr. B and Dean Prentice in the pros — for his success and development.

Upon retiring, Cressman became a high school teacher and has now been teaching for 26 years. He runs a program called assistance and learning at the Grand River Collegiate Institute and has also been coaching hockey for the last 12 years.

He spent five years as an associate coach for the varsity club at the University of Waterloo and three years as head coach there before jumping ship to Conestoga in the off-season.

Looking at today's hockey world, Cressman said he believes the game has changed through the years and at many levels, especially in minor hockey. He said the fun has been taken out of the game to implement a more regimented style of play with too much organization.

"I think it has become a faster game with size becoming a big factor and that has not allowed the smaller, more skilled player to play in the NHL. I think the violence has been overemphasized especially in minor hockey at the bantam and midget levels. However, I believe it is still the greatest game on earth."

Utilizing a lifetime of hockey experience, Cressman advises young players to play their hearts out.

"Work hard and take advantage of every opportunity you have to play this great game. Don't look back and wish you would have done a little more, but know that you gave it your all."

The Condors hope Cressman's experience and dedication rubs off on the team and helps them become a powerful force in varsity hockey. Playoffs are looming on the horizon and Coach Cressman wants nothing more than to lead his team into war.



# Polar Plunge

## February 5th

See CSI for sign-up

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